

THE
HYGIENIC TEACHER
AND
WATER-CURE JOURNAL;

DEVOTED TO
Physiology, Hydropathy, and the Laws of Life.

OUR OBJECT:
TO PROMULGATE THE PHILOSOPHY AND PRACTICE OF HYDROPATHY—EMBRACING THE TRUE PRINCIPLES OF HEALTH AND
LONGEVITY, TOGETHER WITH DIRECTIONS FOR THE APPLICATION OF WATER, AIR, EXERCISE, AND
DIET, TO ALL THE VARIOUS DISEASES WITH WHICH MANKIND ARE AFFLICTED.

VOLS. XXXIII.



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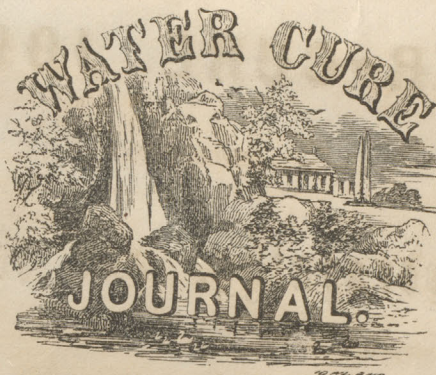
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THE HYGIENIC TEACHER

AND



We labor for the Physical Regeneration of the Race, well knowing that only through this can we successfully promote the Intellectual and Moral Elevation of our fellow-men. Health of Body and Health of Mind and Heart are so intimately connected, while we abide in the flesh, that, while the former is wanting, we despair of the latter. It is the appointed and glorious mission of the

HYGIENIC TEACHER

to proclaim and hasten the advent of UNIVERSAL HEALTH, VIRTUE, AND HAPPINESS. We ask all who love their brothers and sisters of the Human Family, to aid in this work, by becoming Co-Workers with us in the great cause of HUMAN HEALTH.

Fowler & Wells,

308 Broadway,

New York.



OUR CIRCULAR PROSPECTUS.

WE send the annexed Circular for our friend, the reader, whom we hope will kindly undertake to fill it up, *and return to us*, laden with many names, old and new, familiar and welcome. We will cheerfully send any number of Prospectuses, for circulation, to whom, and wherever, our patrons may suggest. Our object is to place the subject before the whole community, and to induce everybody to become readers of the JOURNALS. The UTILITY of our publications is conceded by all who read them; and the true benefactor is he who puts others in the way to obtain health of body and strength of mind, long life and happiness. It is the object of our JOURNALS to promote these, the highest interests of society.

Friends, will you co-operate with us in this good work? You have it in your power to confer a special favor upon your neighbor, by inducing him to become a reader of one, or of all our JOURNALS, Will you do it? If *you* have faith in the principles we advocate, or positive knowledge of their practical value, you may well urge them upon those who are yet uninformed. Many, on being applied to at first, said No, who, after reading a few numbers, became earnest advocates and ardent co-workers.

Your letters should be addressed as follows :

STAMP.

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No. 308 Broadway,
New York!

Friends, we leave the matter of forming clubs, and extending the circulation of the JOURNALS, in your hands. May we not hear from you soon? Clubs of five, ten, or twenty, at a time, will always be thankfully received. Reader, may we hear from you again?

THIS PAGE may be used to obtain names of subscribers. When filled up with names, it may be inclosed in a letter, with the money, and sent by mail to the Publishers, who will enter the names in their books, and send papers as directed. We hope this CIRCULAR may be returned with long lists of names—from *ten* to a *hundred*. Think of it. A Club of TWENTY JOURNALS for a year, for only \$14. See full particulars on the other side. READER, will you not circulate this sheet among your neighbors, and get up a Club for the new Volumes? We hope soon to hear from you, with a liberal list of names. Now is the time. Please address

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The Hygienic Teacher

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WATER-CURE JOURNAL.

DEVOTED TO

Physiology, Hydropathy, and the Laws of Life.

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Contents.

| GENERAL ARTICLES: | PAGE | THE MONTH: | PAGE |
|--|------|--|------|
| The Old Year..... | 121 | How to Teach..... | 128 |
| Rambling Reminiscences..... | 122 | To Our Lady Friends..... | 128 |
| Way-Marks of Hydropathy..... | 125 | Sociology—Social and Sanitary Science..... | 129 |
| Scarlatina..... | 125 | Typhoid Fever in the Army..... | 130 |
| MISCELLANEOUS: | | Chronic Dysentery—Lent in Surgery—Quinine and Whisky in the Peninsula—A Hygienic Hospital in Washington..... | 131 |
| Donna G'te Her Drink, my Laddie..... | 126 | Prof. Lee on Mineral Waters..... | 132 |
| Our Politics..... | 127 | | |
| Apple-Sauce for the Army..... | 127 | | |
| Scarcity of Character, and How to Read Them..... | 127 | | |
| A Word in Private..... | 128 | | |

FOR THE PUBLIC GOOD.—With the next number begins the THIRTY-FIFTH VOLUME of the WATER-CURE JOURNAL and HYGIENIC TEACHER. It has now been published nearly twenty years. It was the first serial publication of the sort ever started. It has, by its widespread influence, well-nigh revolutionized the whole system of medical practice in this country. The effects of its teachings may be seen in every city, town, village, and even hotel and private dwelling, where facilities for BATHING may be found. The use of drugs, even by the old-school physicians, has been sensibly diminished. Bleeding is almost abolished. The people have come to believe in the use of WATER, AIR, DIET, SLEEP, EXERCISE, and other Hygienic agencies, instead of pills, powders, blisters, bleeding, and the whole paraphernalia of old-school experimental drug practice. "The Best Thoughts" of "the Best Writers" have been served up in liberal measure, and the people have said AMEN. The mission of this JOURNAL is to teach the people "How to preserve Health and to prolong life," as well as how to treat disease on common-sense principles—in short, to teach the people how to "emancipate themselves from all need of doctors of any sort." We never published this JOURNAL for the purpose of "sending grist to anybody's mill." It is not the organ of any person, clique, or party. It has no "axes to grind," no establishment to fill, no enemies to punish, no personal friends to conciliate. No; it is published for the people, works for the people, and the people work for it. To-DAY, it stands a candidate for the suffrages of those who regard its past teachings as "pleasant and profitable." For has it not saved life and money to many a family? Ay, and the thanks which have been showered on its editors and publishers testify to its usefulness.

READER, and what say you? Have you, too, been benefited? Have you learned something of use in its well-winnowed teachings? Are you living a truer life? Would it not benefit your neighbors? Can you well do without it? Be a missionary, and spread the glad tidings wherever you can. Get new subscribers. Will you go with us another year? or must it be a final good-bye? We shall hope for a warm How do you do? ere the beginning of the new year.

General Articles.

The Old Year.

"TIME ROLLS ON," and we must *fly* to keep pace with the fleeting hours. How rapidly the seasons come and go! It seems but a brief period since we issued our prospectus for 1862, and yet full twelve months of life have passed—we are so much

"nearer home."

How have we used our opportunities? Have we grown in body, mind, or spirit? Have we cultivated and used the "talents" intrusted to our care and keeping? have we been idle? are we prepared to give an account? However it may be with you, reader, we congratulate ourselves on the fact, that the *tendency* of all the forces in nature, and especially in human nature, are

"onward and upward."

We are not oblivious to the great disturbing elements which wreck nations; nor can we shut our eyes to the fact that human pride and passion may, for a time, have obtained the mastery over reason and right, and that the surging of fierce temper may engulf half the globe in blood. Still we have faith to believe that those who trust in God and do their duty will be sustained. Let us, whose pursuits are intellectual, moral, and scientific, fortify ourselves with the strong walls of eternal truth and justice, and stand sentinels on the ramparts. Let us be armed and equipped, to fight the battles of life with no craven spirit, but with that true heroism which knows no fear, sustained by that faith which is

"not afraid to die."

A good man is not a coward; it is the bad

man who is afraid. A good man is brave, bold, and courageous. He is *ever* protected by a "providence," and he goes forth as an instrument to do the will of God. He it is who can say and feel those blessed words of complete trust and resignation; those words which would bring peace to the world and all the nations thereof, ay, and to every living soul; they are these—

"THY WILL BE DONE."

Read, reflect, and realize, if you can, the significance of those words; yet, though almost omnipotent, they are simple and easy. A child can say to a loving parent, "*Thy will be done*," and why may not we extend the same trust to Our Father in heaven? We *must* come to this, or all will be lost. We can not well direct our own minds without recognizing and acting on this principle, and if we—our rulers—can not direct and regulate ourselves, we certainly can not direct and regulate the affairs of a nation.

Self-reliance—*under* that beautiful faith in an overruling Providence—is well. So are executiveness, force, resistance, and power to overcome. How is it with us? are we guided by the right spirit? In what we do can we truly say, "*Thy will be done*?" We must be industrious, energetic, vigilant, active, and not shirk our duty in any of the affairs of life. Let us not be condemned neither for sins of *omission* nor *commission*. Should we fail, or should life itself be forfeited in our good endeavors, it will not be hard to die; nor will it be lost, for "whoso loseth his life for my sake [in a good cause] shall find it," etc., etc.

Have we, during the year now closing, done *our* duty? What are our resolves for

the new year, so soon to begin its moments, hours, days, weeks, and months? Let us resolve to make the most of our time; to try to grow in grace as we grow in years; to so live as to leave the world all the better for having lived in it.

RAMBLING REMINISCENCES. No. 16.

BY R. T. TRALL, M.D.

CLIMATES OF ENGLAND AND THE U. STATES.

The first thing that will arrest the eye of the American traveler on landing on British soil is the dim and dingy appearance of the buildings. The most elaborately-carved marble pillars, and the brick and stone of the many massive edifices, are so dark and discolored by the damp and smoky atmosphere, as to render the beauty of their workmanship and the taste which designed them, inappreciable to the careless observer. The grand and towering walls of St. Paul's Cathedral, which Sir Christopher Wren was thirty-five years in building, at a cost of nearly four millions of dollars, present all the variegated shades of color conceivable between white and black; and the statues of the Saxon kings, and other personages of "distinguished consideration," with which the outer walls of the Houses of Parliament are so profusely ornamented, are so blackened and smoke-incrusted as to require the closest scrutiny to perceive the immense labor and wonderful art which have been expended upon them. Nor do the interior walls and works escape the all-pervading influence of fog and smoke, which compound is said to be so thick and dense at times that it can almost be cut with a knife! The interior decorations and sculptures of St. Paul's and of Westminster Abbey, "grand, gloomy, and peculiar," do not escape the universal moldiness.

The next most striking peculiarity is the exceeding greenness of the country. The green of the grass and of the shrubbery is the *greenest green* that one can imagine—a necessary result of a mild temperature and humid atmosphere. Though the flowers are, perhaps, of less brilliant hues than in our own more sunny land, yet the deep green of the landscape, and of the hedges which divide the well-tilled and polished farming lands into convenient fields, and of the trees and shrubbery which adorn the parks and gardens, makes the flowers appear to the best possible advantage.

During five weeks in England, we saw but one whole day of unclouded sunshine, nor but one evening when the moon shone brightly without a cloud anywhere visible—such days and evenings as we have at home three-quarters of the time. Certainly the lighter and brighter skies of America are the more agreeable, and, we think, more wholesome than the damp air, and prevailing fogs of England. Besides, the sunshine of our glorious land gives us the apple crop, the peaches and the melons, the pumpkins, tomatoes and squashes, all of which are very inferior and comparatively meager in England. Then there is our Indian

corn, probably the most intrinsically valuable crop which the earth produces, which is almost unknown to English soil. For five or six months in the year the climate in England must be absolutely weary to one accustomed to the bright sunlight and brilliant starlight of the mornings and evenings in America. From November to April it is, as a general rule, not fairly light till nine or ten o'clock in the morning, and dark so early that the gas has to be lighted at four, and often at three, P. M.

But there is an advantage in this duller atmosphere, not *per se*, but in reference to the habits of the people of the two nations. The English climate has a quieting, soothing, in a certain sense, torpifying, influence on the brain and nervous system. The climate of America is more exciting and inspiring. This fact, *per se*, is wholly in favor of the American climate. But as the people of both nations are habitually addicted to stimulating viands, it tells in favor of the English. The English, because of the sedative influences of their climate, can bear artificial stimulus much better than the Americans. Not that it is useful; it is only less injurious. The fact that the American lives under circumstances continually exciting his nervous system, while the English live under just the opposite influences, explains, we think, the more destructive effects of tea, tobacco, and alcoholic beverages on the former than on the latter.

An Englishman can drop to sleep much more easily than an American. This is strikingly noticeable on the cars. As soon as the train is fairly under way, the passengers generally begin to doze, and many of them fall asleep. An American commences reading a book or a newspaper; and sleeping on a rail in this country is a rare exception instead of a general rule.

An English gentleman who had traveled considerably in the United States, remarked to us, in allusion to the different habits of English and American railroad travelers: "In your country, peddlers go through the cars, and sell cakes, candies, fruits, books, papers, and toys, as they do in the streets of our cities, and the passengers eat or read. We go to sleep." The great secret of the superior health of the English is, the greater amount of quiet sleep. The Americans, as a nation, are wearing out prematurely for want of rest.

VITAL STAMINA OF THE ENGLISH AND AMERICANS.

The better vital development of the English, particularly of the women and children, has long been a subject of remark with travelers; and we have been in the habit of alluding to this subject in our lectures on the health and diseases of women. Hence, when the opportunity presented, we could not help studying this subject with much interest. We trace the great difference which exists in this respect—and it is even greater than we had supposed—to two sources, the greater amount of sleep and the more exposure to the fresh air. English mothers expose themselves and their children to the air often and freely as a matter of habit, while American mothers exclude themselves and their children from the fresh air as much as possible. On the cars, on the boats, in the omnibuses, in the hotels,

everywhere we noticed the almost universal attention paid to ventilation. Nowhere did we see an Englishwoman shut a window for fear her baby would "catch its death of cold," and none of the babies seemed to have colds. All that we noticed seemed to be remarkably good-natured. It is almost impossible to travel on a train in America where there are several young children, without hearing continually the cry of distress from some of them. But we heard nothing of this kind in England. We do not absolutely know, from actual observation and experience, that an English baby ever does cry, or can. English women are generally less irritable, less morbidly nervous, than American women, for the reason already assigned—more rest, more sleep, more quiet—and this circumstance, of course, has no small influence on the organization and temper of their offspring.

And we think this view of the matter is fully confirmed by a comparison of the waists of English and American women. The effect of early and abundant exposure to and exercise in the open air, is to promote free breathing, enlarge the capacity of the respiratory apparatus, develop the vital organs, expand the chest, and enlarge the waist. And the vital resources of any woman, or any man, or any animal, other circumstances being equal, may be measured by the dimensions of the lower part of the thorax. The English woman, as a general rule, will out-measure the American several inches. This rule is well exemplified in the German women, who exercise much from early childhood in the open air, and who do not lace their vital organs out of all symmetrical proportions to the rest of the body. On board the Bavaria were half a hundred women and girls from Germany, not one of whom had not a round, full, well-developed chest, so much so, perhaps, as to be regarded as decidedly ungenteel, by the wasp-waisted fashionables of upper-tendom in New York.

Another circumstance that tells in favor of better digestion and more enduring vitality with the English is, a habit of eating more slowly. So far as diet itself is concerned, there is not very much to choose. But the American people eat almost as soon as out of bed in the morning, swallow their food with very imperfect mastication, and then hurry to business, all of which tends to a precocity of brain and muscular activity, with the inevitable consequence of early decline.

LONDON AND NEW YORK.

As a location for a great metropolis, New York has many advantages over London; and, in fact, over most, if not all of the cities of the world. Nevertheless, London, now containing a population of three millions of souls, is still rapidly extending in all directions. During the last ten years its population has increased nearly half a million. Think of adding to London such a city as Newark, N. J., or Rochester, N. Y., or three such cities as New Haven, Conn., or ten such cities as Hudson, N. Y., annually, or one such city as Cincinnati, St. Louis, or Chicago, once in five years, and you will have a pretty accurate conception of the growth of the first city in the world. But London is indebted very little to nature. The Thames, compared with the Hudson,

is but a muddy brooklet. A dozen bridges over the Thames, connect the north and south divisions of the city, and constitute great thoroughfares of travel and traffic. Under the bridges tiny ferry boats run up and down the river, conveying passengers to various points, at fares varying from half-a-penny to sixpence. Compared with our North and East River ferry-boats, they are lilliputian.

Omnibuses are calculated for ten inside and fifteen to seventeen outside passengers. It would seem very odd in New York for ladies to climb up over the wheels to the top of the "bus;" but this is one of the ways that things are done in London. The parks of London are calculated for use as well as for ornament. There are in Hyde Park places for rowing and swimming, for walking, riding, and driving, for sitting and pic-nicing, and play grounds for children. We do not mean where children can run or play on the hard graveled walks, but where they can run, jump, roll, rollick, and tumble on the green grass. Even in Green Park opposite Buckingham Palace—the town residence of the Queen—there are broad, well-shaded acres where children can ramble and tumble at pleasure, with no sign-board warning them to "keep off the grass," and no watchful keeper to strike them with terror, if not with a stick, if they yield to the temptation of extending themselves on nature's carpet of living green. The veriest loafer that roams the wilderness of London streets can lie or sleep in peace in front of the royal residence, so long as he will keep the peace. Think of a flock of sheep cropping down the grass in Central Park, instead of a battalion of Irishmen grabbing it off with sickles! Yet in Green Park we saw a large flock of sheep employed in repressing the exuberant herbage, and, perhaps preparing themselves to grace the Queen's table in the shape of chops and hot-joints.

In the matters of municipal and police regulations, New York might advantageously adopt some of the fashions of London. London streets are kept cleaner; garbage and offal are not thrown into the streets nor gutters. Hackmen are obliged to have the legal fare which they are allowed to charge, posted conspicuously on their carriages, so that their employers may know the exact amount they are entitled to receive. Nor are they allowed to make themselves a positive nuisance, as they are in New York, on the arrival of every steamboat and rail train. In London they have a place assigned them where they must remain with their carriages until they are called for. In New York they are permitted to crowd the gang-way of the steamers and the passages of the ferry gates, yelling, screaming, poking their whips into the passengers' faces, and catching hold of their baggage unasked, especially that of ladies who are unaccompanied with gentlemen, to the infinite disgust of all decent people, the excessive annoyance of all travelers, and to the disgrace of the police department and the whole city.

A DAY WITH PROFS. FOWLER.

Having been disappointed in getting a passage home as we expected on the Cunard steamer, we concluded to visit our truant Professors—L. N.

Fowler and Lydia F. Fowler, M.D., who were lecturing in Northampton, sixty miles from London. Mr. S. R. Wells was on a visit to New York, having left Liverpool on the Great Eastern the same day we left New York on the City of Manchester. On reaching Northampton we learned that Mr. and Mrs. Fowler had just left for Nottingham, sixty miles distant. On being informed that we could spend a day there and return to London in time for the steamer, which was to leave Liverpool September 8, we pursued the fugitives to Nottingham, and heard L. N. F. deliver an excellent and practical lecture to an English audience on "How to Rise in the World." The lecture hall was large and well-filled, and the audience listened with the closest attention. Among the "characters" which graced the walls—and Fowler and Wells have accumulated a very splendid museum of portraits, to which they are still making additions—was that of our own beautiful phiz, which the speaker took especial pains to expound, and then in conclusion invited us to "Rise," if we had anything to say. As we had listened an hour and a half to an explanation of the *modus operandi* of "Rising," and were unwilling to be regarded as a dull scholar, we rose and made a few remarks. Examinations followed, in which our Professor showed himself quite as much at home with English as with American heads. Mr. Fowler, though laboring incessantly, seems to be in good working order; and Mrs. Fowler, we were glad to learn, was in the enjoyment of excellent health.

The next day we took the earliest train to London, but it proved to be an excursion train, and was behind time. We reached London just in time to be too late for the steamer, and so the fulfillment of our lecturing engagement in Toronto was out of the question.

A QUANDA Y SOLVED.

While we were meditating where to go and what to do, we saw a notice that the British Association for the Advancement of Science would meet in Cambridge, October 1, and continue in session one week, and we determined at once to avail ourselves of the opportunity of hearing the most learned men of the nation as they presented their matured thoughts and investigations on a great variety of subjects in all departments of science. Of the Association and its doings we shall have more to say in future issues of the TEACHER. Suffice it to say in this place, that we were well pleased with the result.

A CITY OF COLLEGES.

When we state that in the little city of Cambridge, fifty-seven miles from London, there are seventeen colleges, our readers will appreciate its claims to be regarded as one of the chief seats of learning of the British Queenland, the other being at Oxford, about the same west that Cambridge is east of London. Aside from the colleges and churches—twelve in number—the city is made up of a few winding business streets and crooked lanes, with sidewalks in some places so narrow that it is impossible for a gentleman and lady to walk arm-in-arm, especially if the lady assumes the *quantum à la mode* of crinoline. And this may be the very reason that crinoline is not seen on a very extensive scale in Cambridge. The

place has the appearance of having been finished for several centuries. Not the least sign of building, change, improvement, or alteration, was visible in any direction. Everything is performed in a well-beaten track; all goes on according to established usages, as well it may, where the processes connected with the development of the minds of Her Majesty's most promising subjects constitute the sole business of the place.

HOMEWARD BOUND.

We left Southampton October 8, per steamer Bavaria. A majority of the passengers were Germans; two or three Italian refugees, and about a score each of English and Americans made up the balance—some two hundred and fifty in all. During our five weeks' sojourn in England we had read, almost daily in the London papers, of alternating advances and retreats, victories and defeats, of the contending armies in America; and in this brief period not less than one hundred thousand men and a large number of general officers had been reported as killed and wounded on both sides. The last intelligence from the seat of war—September 26—placed McClellan in close proximity to Lee and Jackson, while Bragg and Buel were approaching each other in the vicinity of Nashville. Where would be the next scene of carnage? and what the result? were questions anxiously discussed by all Americans on board, and almost anxiously by many others, and which the strange vicissitudes of the last month rendered very difficult to answer. But we were to have a respite of the stories of blood and battles for a few days at least.

THE EQUINOCTIAL ON THE ATLANTIC.

On our outward passage we experienced what was regarded, at least by all who were making their first trip across the ocean, as something of a storm. But we had seen little of what the Atlantic could do in the way of a tumult. When we left Southampton—Wednesday noon—the air was mild and balmy, the sun shone brightly—an uncommon phenomenon in England—and scarcely a breath of wind moved upon the face of the waters. But weather in that country is deceitful above all things, if not desperately wicked. Before daylight on Thursday the sea was rough. On Friday and Saturday the wind steadily increased; and the waves ran higher and still higher. An old lady—one of the passengers who resides in New York—who professed to be wise in weatherlogy, expressed the opinion that the storm was the real equinoctial, and would not abate until the moon quartered on the Wednesday ensuing, which event, she informed us, was to "come off" at forty-six minutes past six, P.M. This assurance was not very consoling, for already sea-sickness had reduced our company at table more than one-half.

All day Sunday the tempest raged furiously. For two nights we had been so tossed and shaken in our berths that sleep was impossible; and the only method we could contrive for resting at all in our berth, to say nothing of sleep, was to place one of the pillows behind the back and the other in front of the knees on the other side, and then brace simultaneously larboard and starboard with all our might. Of course this position would

occasionally become unendurable—it is not physiological but remedial; the “*vis medicatrix nature*” under difficulties—and then we would stretch out at full length and submit to be rolled about, and churned, and manipulated, very much as some physiologists tell us the food is in the stomach during the process of digestion. When the rolling process was no longer bearable, we would resume the bracing posture, so alternating through the long and weary nights.

On Monday there was an evident aggravation of the storm, and a still more violent pitching and rolling of the ship. And on Tuesday, it seemed that wind and waves were doing their utmost, so that nothing worse need be apprehended. The waves dashed over the lower deck, and the spray and wind rendered it impossible to keep the upper deck without holding on to the railing or ropes. Occasionally some timid lady or gentleman who spent most of their time holding on or holding in to their berths, would creep cautiously to the head of the stairs, and look out upon the storm, and with an exclamation, “Oh! it’s awful,” retire. An eccentric or monomaniacal woman among the passengers had expressed a hope that the ship would founder before it reached New York, and this had excited the alarm of some of the more superstitious among the ladies. We endeavored to console one of the affrighted by assuring her it was recorded that the prayers of the wicked were unavailing.

Tuesday night was the crisis of the storm. In the early part of the evening, all through the night, and until Wednesday evening, the gale was fierce and the tumult without and within incessant. But fearful as was the scene to those of weak nerves and highly-developed cautiousness, there was such an admixture of the ludicrous, that one not disposed to feel timid could find much occasion for mirthfulness. Imagine an intermingled din of the noises of men, and women, and children, and animals, and elements, —first, premising that we had on board a number of sheep, a pen of pigs, a flock of geese, ditto ducks, all intended for the table, as we have reason to believe from the fact that their numbers seemed to diminish daily—imagine, also, the wind whistling through a thousand ropes as though they were organ-pipes for its unearthly music; and roaring in all directions around, like the voices of a thousand half-stifled thunders; the thundering of the engine below as it drives the vessel through and over the mountain waves; the creaking of a thousand joints as the ship careens from side to side; the rattling of dishes; the tumbling of baggage around the cabins; the boisterous laugh of the “old salts,” who had rode out the typhoon of the China seas; the bleating of the sheep, the squealing of the pigs, the gabbling of the geese, and the cackling of the ducks; and, as if all this was not enough, there comes from the butcher’s department the piercing squeal of one of the porkers—shrill, guttural, and then suffocative, which tells of violence and the death struggle. The unclean beast, which was cursed under the law, and which has not been blessed under the gospel, was being horribly massacred to provide pig-steak for the morning meal. And as the dying

groans of the doomed quadruped mingle with the general uproar, hear the clear, strong, melodious voice of the faithful watchman at the stern of the ship, “All-l-l-l’s well,” answered from the bow, “All’s right here.”

ACCIDENTS AND INCIDENTS.

Many are the little casualties which occur in all violent storms, among the passengers, at which, however much one may sympathize with the afflicted, he must be as emotionless as an icicle not to have his risibilities called into lively and irrepressible exercise. A few of the incidents which occurred on Wednesday will serve as illustrations. A portly German had seated himself on the hatchway amidship, to enjoy his meerschau, and where he could hold on to the ropes in cases of emergency. But, under the influence of the burning narcotic, his philosophy became more meditative than wary. The ship careened suddenly, and he was sent headlong to the bulwarks, like a shuttle shot from the hand of the weaver. In a moment he picked himself up, and the stool which had followed him, and started to recover the position he had lost. But a rapid plunge of the ship the other way carried him not only to the hatchway, but over it, and down to the bulwarks on the other side, followed by his faithful stool as before. Again he gathered himself up, and managing with a little more discretion, and aided by a couple of fellow-passengers, he was safely “brought to” and “landed” on the hatchway, with only a slight bruise, for which he was abundantly consoled with the safety of his smoking apparatus. It was not damaged in the least. No doubt he would rather have smashed his cranium than broken his pipe; for what would a Dutchman be if he could not smoke?

It fared worse with a young countryman of his, who ran an involuntary race against time and the bulwarks, and besides contusing his forehead, smashed his pipe into irreparable fragments. Another young man, letting go his hold on the ropes at just the wrong moment, was hurled to the side of the ship which staggered him for a moment; his hat availed itself of that opportunity to escape, and took passage back to its native Hamburg, on the top of a wave about the size of the Great Eastern.

A couple of ladies, tired of the stifling air of the cabins, ventured out on the hatchway; but soon a wave broke over the deck and they were in a swimming bath in a moment.

The scenes in the cabin were no less comical, the table was particularly prolific of misadventures. A gentleman calls for a bottle of lager. The steward places the bottle and a tumbler before him, and fills the tumbler. While the gentleman is making change, the tumbler is pitched over into his lap, and the bottle rolls off on the floor. Another gentleman brings his coffee cup to his mouth at the precise moment when the ship is careening swiftly in the same direction. Result—the coffee goes into his nose and on to his shirt bosom instead of down the esophagus, followed by coughing, sneezing, and other things indicative of “vital action in relation to things abnormal.”

The soup is passed round. There is no trouble

in managing a plate of soup in a gale if one is not caught in disobedience to natural law. But he must recollect that the law of gravitation is not suspended because a ship rolls. Indeed, this is just what causes it to roll. Our neighbor on the right, unmindful of this important philosophy, instead of balancing his plate of soup with one hand, while he handles the spoon with the other, let it sit on the table, while he carried a spoonful to his mouth. Result: before he had swallowed the contents of the spoon, the remainder of the soup had leaped into his bosom and was diffusing itself beautifully over his clothing.

A woman who resides in Rahway, N. J., assured us that she was thrown out of her berth on the floor by a sudden lurch of the ship.

A lady approaches her seat at the table with more force than discretion. Disregarding the fundamental law of all matter animate or inanimate, which governs the planets in their courses as well as regulates the footsteps of cabin passengers in a storm, she is thrown forward across the table, one hand upsetting the castor, and one elbow resting on the soft cushion of a plate of butter.

A crash is heard in an adjoining room. A lady had deposited the breakfast crockery, a half-gallon jar of preserves, and a number of small articles on the washstand. A lurch of the ship has sent them to the floor, and the jar of preserves rolls into the cabin, under the table, and back and forth across the cabin until some one of the waiters arrests its antics.

At the stern end of the cabin several persons have stretched themselves on the cushioned seats. An unusual plunge of the bow of the boat brings them sprawling on the floor in a quicker time than we can record the event.

To cap the climax of blunders and woes, a steerage passenger, making coffee in his berth with a spirit lamp, spilled the fluid, which was soon ablaze, and raised the alarm of fire. And to crown the cap of the climax, toward sundown two huge icebergs were seen in the direction of Newfoundland, forty or fifty miles distant, suggesting the antisoporiferous reflection that others might be in the vicinity, a reflection intensified by the fact, that during the coming night we should be in the neighborhood of the Banks and in the region of everlasting fog, where it is impossible to see but a short distance from the ship.

A DECK-VIEW OF THE STORM.

Reader, if you are ever placed in favorable circumstances, do not neglect to take a look at the wide, unbounded scene of things from the upper deck, when the storm is at the climax of its fury. It is decidedly the best part of the performance. Take your position beside the smoke-pipe, on the leeward side. You will have two advantages. The smoke-pipe will keep you warm, and defend you in a great measure from the spray, which it divides and sends off on each side of you. Between the gusts of wind you can take observations. Imagination soon resolves the whole tumult into a contest between the Union steamer on one side, and the Confederate winds and waves on the other. Each party claims the supremacy of the sea; and for hours and days the battle rages with no decisive results.

Yelling, howling, groaning, screeching demons seem to swarm in the air around, and the fiends of the storm-king are dancing gleefully in anticipation of a "glorious victory." It is singular how soon one loses all sense of danger, and really enjoys the wild magnificence of the scene. Down deep in the abyss of foaming brine the bow of the boat descends, as if to invite the approaching agglomeration of waves to do their utmost. They accept the issue, dash on impetuously, to be broken in the shock and sent off on each side of the ship discomfited—"defeated but not subdued." Now essaying a flank movement, a hundred regiments of waves have united their forces, and are swelling up into a huge mountain alongside. Take hold of the rope that passes between the ventilators of the engine-room, and your safety will be all the better assured, for the impending struggle will be fearful. The rolling liquid mountain advances; the ship rises; and in a few seconds she is riding high in air. Look now adown into that awful chasm into which the ship is rapidly settling, at the same time careening over as though about to perform a complete summersault. Just a short second before the bulwark reaches the water it meets the advancing column of another body of waves, and rises up gracefully and triumphantly, only, however, to plunge still more violently down on the other side. As she lies for a moment almost on her side, you will hear a scream from some of the passengers, and feel an unusual jar of the ponderous engine, but soon the ship is upright again. This rolling right and left is repeated two, three, or four times—seldom more than three—when the ship changes from the rolling to the pitching style of defense. Sometimes she seems to go down unnecessarily low, as if saying to the waves ironically, "Please come aboard;" but never allowing them to do more than wash the deck with some fragments of their billows which have become detached from the main body in impinging against her sides. And now, so easily and steadily she rides, you may think the crisis has passed and smooth sailing is to succeed. Do not be too sanguine. The waves recruit their scattered forces as readily and as mysteriously as do the rebels under the redoubtable Confederate chief "Stonewall" Jackson; and if you please to remain on deck for hours, you may witness a repetition of the conflict we have described, as often as once in five or ten minutes. And while your fancy is running as wild as the unbridled winds, and you are contemplating the great interests involved in the struggle going on under your feet, and the importance of the expensive ship, its costly cargo, its precious freight of human lives, and yourself in particular, let philosophy supersede fancy for a moment. How insignificant are all these to the great universe of things! What is a single drop of water to the vast ocean? Thousands of vessels are now riding the deep blue waters. There are a thousand million beings on the earth. The property of the ship and cargo is reproduced by the busy brains and laboring hands of men, once in each second of time. Should the elements conquer, and ship and all aboard go to the bottom, the music of the spheres would not be disturbed; nor would the affairs which so engross the minds of the millions

who survive be seriously altered. Time would still roll its ceaseless course; but eternity, for you, would be, as it were, an inappreciable fragment of a moment nearer.

A GENERAL JOLLIFICATION.

Towards evening on Wednesday there was evidently a subsiding disposition in the waves. The prognostic of our propheticess was about to be put to the proof. We had agreed to believe in the moon hereafter without qualification or mental reservation, if the storm abated at forty-six minutes past six. And, lo! it was so. Before eight o'clock "order reigned in Warsaw." Ladies and gentleman, who had been invisible for days, came forth from their cabins, where they had been trying to hide away from the danger. The piano was heard in the upper saloon; an accordion with singing enlivened the lower cabin; and on the forward part of the boat, the steerage passengers—substantial German immigrants—were singing the merry songs of "faderland." A stranger coming aboard at that moment would not have dreamed that so happy a company had just enjoyed four or five days of almost unmitigated misery.

VENTILATION ON SHIP-BOARD.

Want of air is, after all, the thing to be most deplored on ship-board, in stormy or in rainy weather. A large number of passengers will be sea-sick, and the sickness will continue twice as long and be three times as severe, because there is not sufficient ventilation. And a few there will always be who are dying for want of air, and who, if they could have their way would exclude every particle of air from the berths in which they lie and suffocate. How little do they think, perhaps they never heard, that an adult human being requires several thousand gallons of fresh air daily, to properly purify the blood. Scurvy and putrid fevers are the necessary and frequent consequences of the foul air of ships' holds and cabins. It seems to us that all ships could be easily and inexpensively ventilated, and we make the suggestion for the benefit alike of ship-owners and the traveling public. All that is required is to have a metallic tube—iron, lead, or tin would answer—communicating between each berth and the outer air. They could run under the floor to some convenient part of the deck, where they could be protected by a common box. A valve at the inner extremity would enable each occupant of a berth to regulate the draught at pleasure.

THE HYGIEO-THERAPEUTIC COLLEGE.—The winter term of this school commenced its regular course of lectures on Monday, the 17th ult. The medical class is larger than that of last winter, and much larger than was expected, considering the condition of our national affairs and the consequent derangements of business. The subject of the Introductory, by the Principal of the School, was, "A Week with the British Association for the Advancement of Science." A new feature of the school is the introduction of a chair of gymnastics, on the plan of Professor Lewis in Boston. The teacher in this department is Mr. Allen S. Ward, a graduate of Lewis's school. This will not only provide a pleasant entertainment and wholesome exercise for the students, but will also qualify them to teach and apply the system while acquiring a professional education, and that without additional expense.

WAY-MARKS OF HYDROPATHY.

NO. IV.

BY A NEW CONTRIBUTOR.

SIX YEARS OF HOME PRACTICE IN MICHIGAN, AND WHAT IT DID.

IN 1850 I commenced a residence of six years near Utica, Mich., and at the same time introduced the home practice of Hydropathy. To understand what such practice was there, it must be known that ague and fever, chills and fever first settled the country, and afterward, by a scientific cross with medicines, produced all the diseases that flesh is heir to; so that few families were strangers to sickness in some of its forms. My own family was as free as any, perhaps; yet we had, during six years, ague and fever, remittent fever, chill fever, dumb ague, scarlet fever, typhoid fever, brain fever, lung fever, dysentery—common and bloody, measles, mumps, and chicken-pox, besides the remnants of chronic complaints and drugs still lurking in the systems of both parents. When, then, I say that all these were successfully treated hydropathically, *I mean something*. As might be expected, some marks were made upon neighbors. Some sought our aid in sickness, which was given to the extent of our means. Not to particularize, I will say that children, women, and men were treated to health without medicine, to the surprise of everybody, especially the doctors, five of whom resided in the village.

When I went there to live, the oldest M.D. in the place said he would have a chance at me in a year. Before I left he denounced another doctor for interfering with my practice to the injury of a patient. At the first, water would do in the hands of the doctors. A young M.D. could boast of his system as "the experiments of a thousand years, sufficient for all emergencies;" before we left, he yielded a hopeless case of insanity into the hands of a woman, with the remark, "You will work a miracle if you raise that person." He saw the insane restored to reason and health by the use of water and brown bread, and, as if charmed by the magic of a cure so wonderful, he acknowledged the power of a *greater* than physic, and ever after treated the despised system with respect.

One other case is worthy of reference, as showing what water can do, and indicating how the system makes its marks. It was an incurable spinal disease—incurable by medical skill and drugs. An interesting maiden was crippled by this malady, and prostrated with an attack that threatened her life. Having exhausted the skill of physicians and grown worse, as a last resort my companion was urged to undertake her case, being a near neighbor. In six weeks the poor girl was walking about the neighborhood, instead of riding, by the help of friends. The cure was permanent. She afterward married, and took charge of a family, instead of prematurely filling a grave as was expected. In short, so great was the change in public sentiment in six years, that Hydropathy arose from a despised obscurity to an eminence above Allopathy, and physicians succumbed to it deferentially and respectfully.

It is amazing to observe how great changes occur from small effort. It is convincing proof

that truth is mighty and will prevail. The most humble with truth, are mightier than the mighty in error. I am confident that greater changes still are at hand, and I make these marks by the way that I have come, for the encouragement of others. I know there is too great backwardness on the part of those who are convinced of the utility of the Water-Cure. People have trusted the doctors so long that they are afraid to trust themselves. They dare not prescribe in sickness, and feel safe only in the hands of a doctor, when if they only knew how ignorant the doctors are, how much they experiment, and how many they kill, learning how to do it by law, they would stand aghast with horror. Five dollars' worth of books, well studied, and common sense put in practice, is all that I have had. J. S.

SCARLATINA.

BY CHARLES H. SHEPARD, M.D.

WHEN will parents learn to rely on the efficacy of water, more especially in all febrile diseases of children? Natural remedies are above all other remedies so-called, but, as I think, misnamed. Give me *water, air, and exercise*, with a well-regulated dietary, and you may give all others to the dogs—certainly not to any children of whom I may have charge.

Allopathic remedies—pardon the absurdity—are like a two-edged sword, they cut both ways. Homeopathic have often been considered a negative good, but I now, more than ever, incline to the opinion that even they are entirely inadmissible where the well-being of the patient is considered.

A case in point: eighteen months ago, a family living not a thousand miles from this city had a child very sick with inflammation of the bowels, attended by their family physician—a Homeopath—till he gave up the child to die. Then they called a Water-Cure physician—my predecessor—who rescued the child from death. It was relieved within half an hour from the commencement of the application of water, and shortly got well.

Less than two months ago, another child of the same family was carried through the scarlet fever very comfortably and successfully under my direction.

To show the contrast between water treatment and all other kinds of treatment, I will briefly give the plan pursued. When first called, no rash had appeared, though there was considerable fever. The pack was ordered once a day, tepid injections three times a day, and entire abstinence from food as long as the fever continued, with the wet compress to cover both chest and abdomen, to be worn constantly—of course the patient was allowed to drink all the water he desired. On calling the next day, the rash was apparent, and on the third he was well covered from head to foot. Three packs seemed to subdue the violence of the fever, when they were discontinued, and instead a simple wash down with tepid water was directed, with the injections morning and evening only.

The fourth day the patient was allowed one bunch of grapes to eat, and the next day the same, with a very little addition of bread. This

course was continued, gradually increasing the quantity of food, so that in less than one week he was entirely free from the fever, and had only the weakness naturally consequent thereon to recover from—no relapse—no bad result left—unless it was the voracious appetite for everything eatable.

Less than a week ago, another child, of the same family—a bright, hearty little girl of four years—was taken with the same fever, and the family physician (Homeopath) was called. Well, he gave the child what he called *remedies*, and one of them was to “seal up the bowels!” to use his own words, otherwise render them inactive—no application of water, internally or externally, so that the skin was nearly torpid, if not wholly so, and what was the result? The rash came out imperfectly, and soon disappeared. The child lay stupid during the whole time; indeed, this course was enough to make a well man sick, and on the fifth day, when I was called, there was no probability of recovery—fearful suppuration of the glands of the neck had set in—the stupor and pallor of the countenance was dreadful to behold—the pupils of the eyes fully dilated, and the pulse at 150.

To please the parents, as a forlorn hope, water was applied for a short time, but 'twas no use; there was no rallying power left in the little frame, and early on the morning of the sixth day she sweetly breathed her last.

Does it not seem surprising that, after two such examples of the efficacy of water-treatment, that anything else would have been permitted in the management of children of any family?

Nevertheless it is often so with those who have no abiding reasoning faith in Water-Cure.

Some take to it as to a drug shop, and so long as it cures their ailments, well and good; but if, perchance, the trouble is beyond the reach of immediate hygienic aid, then they fly to this and that, no matter what, so long as the aid is promised, and the drug-shops generally get the benefit, but the poor sufferer goes from bad to worse.

Is it too presuming in me to urge parents to study our grand system for themselves, and not rely so much on the doctors, of whatever name or kind? I trow not. They might put less trimming on theirs and the children's clothes, and consecrate the time gained in this manner to their advancement in physical knowledge. If a lecturer on Physiology comes around, go and hear him. That's what first started me. A lecturer on Phrenology would not come amiss, particularly when they treat of the management of children. By the way, Messrs. Eds., if you say yes, I have a mind to give you our way of managing children.

To return. If they would have only one book, then procure the “Hydropathic Encyclopedia.” After patiently mastering that, they would be competent to manage most any ordinary case. Further light could be sought as desirable. I venture to assert that the knowledge once thus gained, even if it could, would not be parted with for all the gold in California.

BROOKLYN HEIGHTS WATER-CURE.

LEWIS' NEW GYMNASICS.—For the January number of the TEACHER we have the promise of an illustrated article on New Gymnastics, from Dr. Dio Lewis, who has by his close observation, inventive talent, and practical adaptation worked a complete revolution in physical culture. Our readers may expect a rich treat.

Miscellaneous.

DINNA G'IE HER DRINK, MY LADDIE.

[The following song, from the pen of “Sandy M'Alpine,” appeared in the *Commonwealth* newspaper of Oct. 6, 1855, accompanied by the following note from the author: “Ther's ae sicht, Mr. Aeditur, that's sumtimes to be seen in the streets o' Glaiska (I dinna mean to say it's no to be seen in *ither* places as weel), partikularly on the Saturday nights, an' often, oft-n has that sicht g'ien me a waefu' heart. It's to see young lauds takin' in bonny young lasses into whisky-shops to g'e them drink—sumtimes whisky itself, I'm fear'd. Mony's the time that I've said to mysel'—O that they wud think for just ae minuit, an' that they wud g'e them just anything but drink! Anything—sweeties, or gingerbread, or tairts, or ribbons, or bracelets, or a parrisol, or a braw dress, or anything that ther heart wuz set on—anything, anything but whisky! It wuz aifter seein' sumthing o' this sort that I ga'ed hame the ither nicht, an' jotted doon a verse or twa, that I'm sendin' ye to print if ye like. But maybe I sou'dna hae set them to sic a cheerfu' air: maybe it wud a-been mair in keepin' if they'd been set to auld 'Mairtyrs,' or 'St. Mary's.' Of coorse, an auld stupid body like me could'na rite or spell sae weel as the sang's ritten. I got it polished aff a wee by ane o' my acquaintances that's up to that kin' o' thing.”]

Air—“*Dinna Ask me gin I Lo'e ye.*”

DINNA g'ie her drink, my laddie,
Gin your love be true;

Dinna g'ie her drink, my laddie,
Gin she's true to you.

And dinna ask her gin she likes it—
Troth, she daurna tell!

The day may come when, wi' sair heart,
Ye'll answer that yersel'!

Dinna g'ie her drink, my laddie, etc.

The day may come—it may be near—

She'll aiblins be your wife;
She'll aiblins mak' some house *your* hame,

An' g'ie *your* bairnies life!

Then, oh! gin ye wad lo'e your wife,

An' keep her pure and fair,

An' bless your hame, an' bless your bairns,

Oh, g'ie her drink nae mair!

Dinna g'ie her drink, my laddie, etc.

But gin ye'd wither a' her love,

An' burn her heart awa',

An' gin ye'd curse your blythesome hame,

An' bonny bairns an' a';

An' when sic waefu' wark was wrocht,

Gin ye wad wish to think

That your ain hand the deed had done,

Then g'ie her, g'ie her drink!

But *dinna* g'ie her drink, my laddie, etc.

Oh! tak' her to your bosom's love,

An' guide an' guard her well;

An' try to keep her pure in heart,

By being pure yersel'!

G'ie her your manhood's heart, that ne'er

From duty's hour would shrink;

G'ie her your love, your life, your all,

But *dinna* g'ie her drink!

Oh, *dinna* g'ie her drink, my laddie, etc.

A SHARP youth being asked by his father, at the breakfast-table, how many of his friends he met at Mr. C——'s party on the preceding evening, replied, “Twenty-two.” “Impossible,” exclaimed the astonished father; “why, Mr. C—— has not a room in his house large enough to entertain near so many as that.” The youth, however, still persisted there were so many, and could not satisfy his parent till he separately repeated their names, which were Mr. and Mrs. C——, and daughter, myself, and Mrs. Ayteen.”

OUR POLITICS.

Be not alarmed, gentle reader, we simply wish to state our position, not to take sides with this, that, or the other party. Our platform, like the Apostles' Creed, is broad, liberal, comprehensive, and clearly defined, and may be stated thus:

"Like begets like."

1. It is the right of every child to have been born of healthy parents.

2. It is the duty of every parent to protect, educate, and develop the body and mind of each and every child born to him.

3. It is the duty of every parent to teach his child to regulate his own conduct.

4. To put him, or her, into such relations, that he, or she, may obtain, by industry, all the necessities of life.

5. Parents have no right to pervert their own, nor their children's appetites, to become intemperate, and thereby transmit to their posterity a tendency to fall into vicious habits.

6. By smoking, chewing, and snuffing tobacco we pervert the appetite, derange the functions of digestion, and generate countless evils, which are inflicted on unborn children.

7. Were intemperance in eating, drinking, and tobacco using abolished from our land, our nation would be re-established on Christian principles at once. But while the blood of our people is "fired up" by these poisons, the war—of passion, at least—will continue.

8. Let each and every man, woman, and child cast off all bad habits to-day, and learn to regulate themselves to live good Christian lives, and the world would go on in perfect harmony and concord. Let all Resolve that,

9. Every wrong must be righted—no compromises, no flinching when duty calls, but, when in the line of right and duty, we will push ahead and carry all before us.

10. We will take for our guide, and as a standard of excellence, the example of Him who was without sin. Submit all questions to Him; and as He may be supposed to decide, so decide we.

11. In our intercourse with others we will try to be governed by that most just and perfect rule, viz., "Do unto others as we would they should do unto us."

12. We will be careful to vote that ticket which represents right rather than party, union rather than faction, and heaven rather than—the other place.

We could extend this statement of principles, but think the reader will consider this enough for the present. We hope all good people will join us, and, by every word and deed, prove the correctness of these principles.

APPLE-SAUCE FOR THE ARMY.

SOME of our friends among the "Monitors," who desired a diet nearer in accordance with nature than the rations distributed to the army, made up a contribution and sent us to purchase for them some dried apples and solidified milk. They wrote as follows:

"We suffer in health from not having a regular supply of good fruit every day, and dried apples will answer every purpose, and they are economical, portable, light, and healthy."

We passed the order over to Mr. Wm. Hunt, purveyor-general to the establishment 15 Laight Street, who volunteered the following directions

relative to preparing them, which we print for the benefit of others:

CRACKER-SAUCE No. 1.

Stew good-flavored green or dried apples, or any good-flavored fruit that will cook soft, using a third more water than usual—sweeten to the taste. Then stir in as many crackers as the sauce will take.

OR,

Place in a dish a layer of crackers, then a layer of sauce, alternating until the desired amount is prepared; set the dish away ten or twelve hours, say over night. The crackers will then be as soft as biscuit, and better than the best pies.

CRACKER-SAUCE No. 2.

QUICKER WAY.

Break the crackers into small pieces, soak them a minute or two in cold water; then drain off the water and stir the crackers into apple-sauce made thin. In an hour or two they will be soft enough for persons with ordinary teeth. The crackers should always begin to soak in cold water.

SIGNS OF CHARACTER, AND HOW TO READ THEM.

Physiology, in its relation to the laws of life, is the science of the functions of the entire Natural Man, which includes Body and Brain.

Phrenology is that part of Physiology which embraces the brain and nervous system, through which the mind is said to be manifested.

Physiognomy is the art of discerning the character of the mind from the external signs of the countenance, or the combination of the features.

Psychology, in its broadest and most comprehensive signification, relates to man's spiritual nature, or to the science of the soul.

Biology, the science of life, is only another name for Physiology, and may be used synonymously therewith.

From these sciences, principles are deduced by which all the leading traits of human character may be delineated.

By the **Temperaments** are understood the states of the body and mind with respect to the predominance of different qualities. They are divided into (1st) Motive or muscular, (2d) Vital or living, (3d) Mental or thinking, instead of *Nervous, Biliary, Lymphatic, and Sanguine*.

A knowledge of Physiology enables us to determine the temperaments, and their relative effects on character; and also the health, strength, and qualities of the organization, whether good or bad, weak or strong, coarse or fine. Let it be remembered that the quality of the body and brain has as much to do in determining their strength and power as the size and quantity. Are we coarse or fine?

Phrenology reveals character from the shape of the brain, be it broad or narrow, high or low, short or long, and enables us to determine the location, relative size, and strength of the different organs. From it we may learn how to develop, direct, and restrain all the mental powers on scientific principles.

Physiognomy, which, when based on Physiology and Phrenology, may be reduced to a system, is an index to the character or disposition.

There are certain nerves connected with the features which, when acted upon, produce certain changes in the expression; as from joy to sorrow, love to hate, from kindness to revenge; or from hope to fear; penitence, devotion, etc. The expression will be clear, distinct, and comprehensive, or it will be dull, vacant, or imbecile. If joyous and happy, your mouth will turn up at the corners, thus, ☺; but if downcast, desponding, and miserable, it will incline down at the corners, thus, ☹. Are you good-natured? or are you sad, gloomy, and dejected? The corners of your mouth alone will tell the story. The nose, chin, eyes, ears, lips, and all the other features indicate character.

Psychology.—Rising from Physiology, and passing

through Phrenology and Physiognomy, we come up to **PSYCHOLOGY**. This is the highest condition in which we can study man. And we find that, "as is the body, so is the mind." If the body be weak, exhausted, or diseased, the mind, in its manifestations, sympathizes with, and is affected by, this condition, on the principle of a "sound mind in a sound body."

The nervous system ramifies the whole body—as our telegraphic wires are spread over the continent—and each nerve, like each wire, reports to "headquarters"—the nerves to the brain, and the wires to the chief towns and cities. Each nerve—the same as each wire—performs its separate and special function. Thus the **MIND** has its nerves, or **ORGANS**, through which it acts, the same as the body. The Heart circulates the blood; the Stomach digests food; we breathe with the Lungs; we see with the eyes; hear with the ears; taste, smell, etc., through certain organs. And it is claimed, on the same principle, that different portions of the brain and nervous system perform different functions. Thus, we observe through the perceptive faculties, which give curiosity and a desire to see. We think or reflect through the reasoning powers, which lead us to philosophize. We worship through Veneration, or the organs allotted to devotion; sympathize through Benevolence; resist through Combativeness; love through the affections; fear through Caution; hope, trust, rejoice, despond, acquire, invent, compute, draw, paint, sing, and so forth, through different organs or nerves; all of which may be cultivated and strengthened by proper training and exercise.

Man is not fated to be good nor bad; but is so organized that he may be either, *i. e.*, he may live a virtuous or a vicious life—it is optional with him. He may rise or fall, be temperate or intemperate, true or false. He may make much or little of himself, and Phrenology explains how.

Thus, by taking into account the whole man, body and brain—by looking at him from all stand-points, by a careful analysis of his Physiology, Phrenology, and Physiognomy, we may obtain knowledge of all the different nerves in the body, their locations, functions, and uses, and this will reveal to us all the various "signs of character," and how to read them.

Diversity.—There are no two persons exactly alike in disposition nor in appearance. We all differ more or less in opinion on most subjects, as we do in size, form, complexion, quality, health, strength, and length of life. One person has great bodily strength; one great mental activity. One is original and inventive; another merely imitative. One economical; another prodigal. One is honest; another dishonest. One loves home; another loves to travel. One studies the sciences; another prefers art. One is musical, poetical, and fond of oratory; another disregards them. One is bold, courageous, manly, and self-relying; another timid, irresolute, bashful, diffident, and sensitive. Phrenology explains these differences, and points out the means by which to develop harmoniously all the organs of the mind. We can improve.

The Utility of Self-Knowledge.—"The right man in the right place" would enable society to move on in harmony; and it is possible, by the aid of science, to place each man just where he belongs—where he would succeed best, rise the highest, accomplish the most, do the most good in the world, and secure the most perfect happiness; also, to govern and educate children, and fit each for the place or sphere to which he is, by nature, best adapted. In short, it will inform us "WHAT TO DO."

The practical uses of Phrenology and Physiology, then, are—*First*, to teach us how to bring all parts of the system into harmonious and well-directed action. *Second*, to understand the function and uses of each separate organ. *Third*, to enable us to govern and educate each faculty and each propensity, increasing the power of some and properly directing all. And, *fourth*, by combining these lessons, it enables us to know ourselves, read the characters of others, and to account readily for each motive, thought, and act, on scientific principles.

These "**Signs of Character, and How to Read Them**," are some of the topics which will be elaborately discussed in the new volume of **THE PHRENOLOGICAL JOURNAL** for 1863.

To secure the volume complete—the **JOURNAL** is not now stereotyped—names should be sent to the publishers at once. For club terms, with prizes and premiums, see our new prospectus for 1863 on the last page.

Publishers' Column.

A WORD IN PRIVATE.

THE change we have been obliged to make in our terms to agents and clubs, deserves, perhaps, a word of explanation. We have frequently said in these columns that our object was not so much to make money from the publication of the *TEACHER* as to secure for it an extra circulation, through which we could address the people at large, and teach them what we believe to be the true method of treating diseases. For the purpose of getting this large circulation we have held out an inducement for our friends to labor with us, by furnishing agents and clubs at fifty cents a year, leaving it optional with the co-worker whether he would charge the subscriber the regular single subscription price, one dollar, retaining the balance for his services, or do as we have done, and are willing to continue doing—furnish it at cost, and give his services for the benefit of his neighbors. We are happy to say that the latter has, in a great majority of cases, been the practice.

We should have been glad to continue in this way; but a notice from our paper-maker, that for the same quality of paper for which we had formerly paid twelve cents a pound he should hereafter charge us at least *sixteen*, showed us at once that it was utterly impossible. Four cents is a small sum in itself, but when multiplied by the number of pounds it takes to print each number of the *TEACHER*, it makes no inconsiderable amount. We believe our friends will understand the facts in the case, and see not only the justice, but the *absolute necessity*, of our increasing our club rates to seventy cents, as we have done.

Those who have read the *TEACHER* will be able to judge for themselves of its value. To those whom we have not been so fortunate as to call our subscribers, we will say—we believe the *HYGIENIC TEACHER*, at one dollar a year, is the cheapest health journal ever issued, and we are determined that the volumes for 1863 shall excel in practical value those of former years.

HOW TO TEACH.

THE highest office one can fill in this world is that of *TEACHER*. Is he a mechanic? He must teach his apprentice. Is he a merchant? He must teach his clerk. Is he a farmer? it is the same. Is he a lawyer, physician, or a minister of the Gospel? He is only a teacher. But the best teacher is he who teaches us how to live in this world, and to prepare us for the world to come. Was not the Saviour the greatest of all teachers? Let us follow his example, and we shall not only heal the sick, but preach the Gospel of life, liberty, and our whole duty in all the relations of life. Reader, become a teacher. Teach those who know less than yourself. Let us teach each other. You tell me what you know of one thing, and I will tell you what I know of another, and thus may the sum of all knowledge become universally diffused. And, if no better medium presents itself, let us invite you to speak through the *HYGIENIC TEACHER*. Its columns are ever open for brief lessons from all true teachers.

A NEW LAUNCH.

HAVING run our last year's craft into port for repairs, we are preparing for a new launch in the course of a very few days. Full particulars are given in the prospectus, on last page. Our new ship will be got up on improved principles. She will be freighted with a choice assortment of the necessities of life—food for the mind—such as will, we trust, prove palatable and nutritious; former and present patrons are invited to be present at the launch. We are anticipating "a real good time." Will you go?

TO OUR LADY FRIENDS.

THE fact that our American women are the most zealous "home missionaries" in every good and useful work—that they are not only willing, but *desirous* of being usefully employed, induces us to look after their interests, to help them along, lighten their labors, by suggesting improved modes for the training and education of their children, recovering and preserving health, securing pleasant and profitable employment, etc. Just now, at the closing of the old and the beginning of a new year, families will decide on their serial literature for 1863.

Some will select the light and trifling novel, others, that of the blood-and-thunder sort; some, the scientific and phrenological; some, the moral and religious—for there are "many women of many minds."

But we know "a good few," as they say in England, who will request us to re-write their welcome names on our subscription-books for the new year of our Lord eighteen hundred and sixty-three. Having traveled with us so long, they will not part company now; while some good souls claim to be "LIFE SUBSCRIBERS," could they know what a thrill of joy their kind "renewals" make on us—the response of soul to soul—they, too, would be rejoiced. To such we come with warmest greetings.

NEW OFFERINGS.—The premiums we propose in another column to give to co-workers, are among the best we could select; but, in addition, and for our *lady* friends, we propose the following. We will give for

\$100.—One hundred subscriptions, and one of Grover & Baker's \$45 Sewing Machine, with Hemmer complete. The merits of these machines are well known.

\$25.—Twenty-five subscriptions, and a Metropolitan Washing Machine, or a French's Conical Washing Machine, as may be preferred. They are both excellent, and by our acquaintances who have used them, both are commended highly.

\$15.—Fifteen subscriptions, and a fine Turkey Morocco Photographic Album for 50 Cartes de Visite.

GRAPES.—DR. GRANT'S advertisement, to which our article on grapes in last *TEACHER* referred—was accidentally omitted. It will be found in the advertising columns of the present number.

DR. BLACKALL, of Kenosha, Wis., has been appointed Assistant Surgeon of the Thirty-third Regiment Wisconsin Volunteers, and has already entered upon his duties.

HOUSEKEEPERS' DEPARTMENT.—We have made arrangements to give space in future numbers of the *TEACHER* for matters more particularly interesting to housekeepers. Although none the less firm than ever in the belief that the adoption of a strictly vegetarian diet would be an incalculable improvement on the present mode of living, and that some time vegetarianism will be the rule rather than, as now, the exception, we are aware that a great majority of our readers are not vegetarians, and so long as they will use a mixed diet, we will, we have concluded, do our part in teaching them how to prepare the food they choose, in methods quite as palatable as before, while at the same time they may be more healthful and economical.

To aid us in our endeavors in this direction we have the promise of several of our lady friends, and have obtained from one a voluminous manuscript receipt-book, a considerable portion of which we intend to reproduce in the forthcoming numbers of the *TEACHER*. This department will not be confined to *cooking*, but we shall endeavor to have it embrace the entire household economy, treating of every subject of interest to the housekeeper and her assistants.

A SINGLE ARTICLE in the *HYGIENIC TEACHER* has been the means of saving many lives. Its instructions relative to the diseases incident to childhood, such as croup, diphtheria, scarlet fever, measles, etc., are worth, to any mother, more than can be told. There are thousands in the country who would sooner relinquish every dollar they are worth than be without the knowledge they have derived from the *TEACHER*.

CHRISTMAS GIFTS.—Those desirous of aiding Santa Claus in selecting gifts appropriate for little folks will find

CALKINS' GAMES AT WORDS,

with Letter and Word Cards, particularly well adapted for those of either sex, from three years old upward. There are in each box nearly 250 of these cards, embracing capitals and small letters, figures and short words, and as each card is printed on both sides, it gives between 450 and 500 altogether. Children with these for playthings will learn to read before they know it. We have known children who were dull under the best teachers, with these cards at home exceed in rapidity of learning the best scholars at school. A little book accompanies each set, giving directions to larger children how to play Word Games, Geographical Games, Grammatical Games, Games of Phrases, Questions, Trades, etc., etc., in playing which the whole family can spend many pleasant evenings.

The price for the set, including the little book, sent by mail, post paid, is only one dollar, and we know of no way in which a dollar can be spent more advantageously than in their purchase. We will procure and send them by mail on receipt of the money.

N. O. P.—"Messrs. Fowler and Wells: Being a stranger in the city, I wish to ask where the best dentist is to be found here. I have several teeth to be refilled, and wish to have it done well."

There are so many good dentists in this city, among the numerous poor ones, that it would be an unjust disparagement to others to indicate any particular one as the *best*. We will say, however, that we are acquainted with Mr. William Fishbough, of No. 54 South Third Street, Williamsburgh, both as a practical operator and as a man, and can say to our correspondent that if she will call on him, her work will be faithfully and substantially performed, and at a moderate cost, should that be an object. We may also mention Dr. Miles, of the Dental Dépôt, Broadway, as one who would do her ample justice.



NEW YORK, DECEMBER, 1862.

WATER.

"To the days of the aged it addeth length,
To the might of the strong it addeth strength.
It freshens the heart, it brightens the sight,
'Tis like quaffing a goblet of morning light."

TOPICS OF THE MONTH.

BY R. T. TRALL, M.D.

SOCIOLOGY.—Wherever we go, whatever we see, and all that we can observe of the forms and features, phenomena and actions of men and things, illustrate more and more clearly the proposition and the truism, that the great problem of Sociology, like all problems which concern the relations of individuals to society and to surrounding objects and influences, can never be successfully worked out until it is based on Physiology. The Health Problem is emphatically the *problem of problems*. Before a person can truly comprehend his relations and duties to other persons and to external things, he must be in normal conditions within—at peace with himself. If his own vital machinery works disorderly, in consequence of bad blood and foul secretions, he certainly can not feel and think in all respects normally. His observations will be more or less confused, his reasoning biased, and his conclusions unreliable. He will be like the logician reasoning from false premises. The more accurate the process of ratiocination, more fallacious will be the conclusions.

Nowhere on the earth, more than in England, is the human mind struggling earnestly to understand the true laws and to establish the proper organization of society. But this work is confined to a comparatively very small number; and they are laboring under many adverse influences and against tremendous obstacles. Bearing down upon them with the fixed habits and ingrained traditions of a thousand years is the upper or governing class, whose immense wealth and almost unlimited sources of power are wielded to conserve the present order of things and perpetuate existing institutions and distinctions; and dragging against them from below are the drudging millions, who are too hard pressed for the

first necessities of life—food and clothing—to hope or to think, to heed or care, beyond the primary instinct of self-preservation. And thus the third or lower class co-operate inevitably with the first or upper class in working against the second or middle class, and in perpetuating their own degraded condition.

Still there are evidences of progress. Slowly, yet surely and unceasingly, as the gentle and almost insensible vapors of her humid atmosphere, disintegrate and wear away the surface of the marble walls of Britain's proud palaces and stately mansions, does the truth-seeking spirit of the few *who are* sincerely investigating the science of human life, pervade and influence the masses above and below.

It is true, however, that very few of this small number have yet arrived at the physiological basis of reform. But they are tending in that direction, and will eventually recognize it. Sociologists there are who would reform and re-organize society, establish justice among all, and introduce the millennium of "peace on earth and goodwill to man," without in the least disturbing or restricting those habits of stimulation and sensuous dissipation which inflame the blood and madden the passions, and thereby cause the very evils they so much deplore. Members of the Peace Society vainly imagine that the war-spirit can be subdued, and the disagreement of nations settled by arbitration or a Court of International Reason, without meddling with the cause which exists in the blood and brains of the people who compose the nations, as well as in the hearts and heads of the rulers who lead or drive them forth to bloody combat. Temperance advocates there are who labor zealously to persuade their fellow-beings to abstain from the use of alcoholic beverages, while they resort to them on every occasion of indisposition as a medicine; and who not only use tobacco excessively, but advocate its use on *physiological* and *dietetical* principles! And they ridicule the anti-tea-and-coffee-drinker and the vegetarians as fanatical and crazy beyond all hope of redemption. And vegetarians there are who reject flesh-food because it is stimulating and gross, and who will not take alcohol as a medicine; yet who, when sick, resort to drug-poisons, which are vastly more injurious than alcohol, and to various stimulants and narcotics which are much worse than the

alcoholic. They have not yet learned that stimulation and nutrition are antagonistical ideas; nor that stimulus and strength are incompatible conditions.

These reformers are as yet one-ideaists; and this is why they progress so slowly. But one good idea is better than none. Among all classes of reformers are persons who have a glimpse of the fundamental principle which underlies all reforms. And a few there are who have traced reform to its primary premise, and are laboring, according to opportunity, as are the disciples of the Hygieio-Therapeutic School in America, to indoctrinate the people in first principles. But as yet they have no association—no organized working society, on the health basis.

In Cambridge, England, we listened for several days to the discussions of the medical members of the British Association for the Advancement of Science—men who attach M.A., M.D., and F.R.S. to their names—on the *physiological* effects of poisons; the *actions* of dead matter on living; the *dietetical* use of alcohol; the *beneficial* effects of tobacco-smoking; the *abnormal physiological* conditions of organs; the *chemical* actions of vital tissues, etc. Not a soul among that body of learned men has yet learned the distinction between physiology and pathology, nor between ether and chemistry.

Men of education and intelligence could not so stultify themselves—could not utter so flippantly such arrant nonsense, unless they had mistaken the first premise of the subjects involved in their investigations. And until this primary error is corrected, the prevalent medical system will continue to be, as it ever has been, the greatest curse of the civilized world, and the greatest obstacle in existence to all the reforms among men; for how is it possible for the uneducated people to arrive at truth so long as those who are specially educated to instruct them are misleading them continually?

SOCIAL AND SANITARY SCIENCE.—We hail, as omens of great promise, the tendency manifest in all civilized nations to form social and sanitary organizations, and to investigate the subjects which affect the health conditions and social relations of peoples and nations. Thus far the medical profession, which should take the lead in questions of this kind, has been the chief stumbling-block in the way. But when—

ever any improvement has been made in spite of it, by the application of the principles of common sense to the circumstances which affect the health and lives of the community, presto! the profession has claimed the result as an evidence of the progress and benefit of *its* medical science! A sufficient refutation of all its pretensions in this line is found in the work of Florence Nightingale in the Crimea, and in the Sanitary Commission constituted to look after the health of our armies. If medical men understand and attend to hygiene as well as administer drugs, why does this work require the supervision and direction of non-professional persons?

An international meeting was held in Brussels a few weeks since for the Improvement of Social Science. In his opening address, the president—M. Fontinais—uttered a sentiment which deserves to be recorded in capitals of gold: "Here nothing can restrain the free expression of your thoughts. Free men on a free soil have no fear for aught except your conscience and the truth." But with medical men, it happens, unfortunately, that they can not think freely. No person, educated in primary fallacies, can ever reason without prejudice, until he sees the error of his premises. And not one physician in a thousand is ever dispossessed of the false doctrines which he *imbibes* from medical books and schools.

The plague which ravaged the cities of the Old World some centuries ago, led the way to the cleaning and widening of the streets and the better ventilation of the houses, by which the pestilence was in a great measure stayed. And the putrescent and offensive condition of the Thames, three years ago, has been the immediate occasion of the immense plan of sewerages now in course of construction, which is to drain all the refuse matter of the mighty metropolis under ground, ten miles, where it is poured into the river at a safe distance. New York has many advantages over London in being kept clean and wholesome. Indeed, no city in the world is more favorably situated in these respects. But, as a general rule, there is far less attention given to sanitary conditions, either by the people or the authorities in New York, than there is in London. Indeed, we think England generally is in advance of America in the study of sanitary science, or, rather, perhaps, in the practical application of its

principles. This may result from the necessities of a dense population, rather than from a most inquiring disposition, for in America other subjects engross more of the public attention. The greater spirit of *o-aheadativeness* renders the people more reckless of health considerations. There is one thing in which America contrasts so unfavorably with England that we can not forbear to mention it. The railroad termini and depots in England are all models of neatness and convenience. In America, they are, in a majority of instances, models of filth and inconvenience. In England, the rule of "no smoking" in the waiting-room, seems to mean what it says. In America, it is practically interpreted as an invitation to all the gentlemen of the train, and all the loafers of the neighborhood, to do their smoking in that particular place.

As a general rule, the streets are narrower and the dwellings higher in London than in New York. But it is easy to perceive that the buildings are contrived with especial reference to securing all the ventilation possible; while in New York, the article of room being more abundant, many houses seem designed to exclude as much of the air as possible. It seems to us—and this is a subject which we studied with much interest—that the better development of English children, and the superior vigor of English women, are attributable, to a great degree, to their greater exposure to the atmosphere. But of this we shall have more to say hereafter.

Of course we examined the book-stores to see what new publications there were on Sanitary Science or Hygienic Medicine. We found but one, and the author of that an Irishwoman. It is published by W. Tweedie, of 337 Strand, and is entitled, "Simple Questions and Sanitary Facts, for the Use of the Poor." It is an admirable work, of little more than two hundred pages, containing a well-arranged collection of precisely such facts in Natural Philosophy, Anatomy, Physiology, and Hygiene as are of use for everybody to understand, but which the majority are very apt to overlook. The fair authoress introduces, in a very judicious manner, the leading ideas of our Hygeio-Therapeutic system, both as respects the preservation of health and the treatment of disease. We commend her remarks on the uses of alcohol and tobacco to the special consideration of the medical men of the Sub-Section on

Physiology, of the British Association for the Advancement of Science.

That the authoress well understands the obstacles in the pathway of health-reform, and the reproach which will be cast upon all who attempt to change the habits of the people, is evident from the following paragraph with which the book concludes:

I have addressed myself to the impressible mind of youth, because of the great labor and utter fruitlessness of trying to change the opinions of matured but uninformed minds, for the most striking facts fall *outside* such heads instead of *into* them. I have, however, deviated into so many paths, and put myself so much in opposition to received opinion, that I can not escape the reproach of presumption, nor, perhaps (for men's minds are various), from some lowering accusation. This is the *one* wrong against which nature would appeal to higher minds, but if even that sympathy is denied us, we are not yet alone—for there is always God.

TYPHOID FEVER IN THE ARMY.—Deaths of this disease, or rather of the treatment, are still sending the officers and soldiers of our armies in droves to their premature graves. But how can it be otherwise so long as the false doctrines of the medical profession prevail? So long as physicians regard fever as a thing, process, action, substance, force, power, enemy, ghost or goblin, which must be *subdued*, or *suppressed*, or *eradicated*, so long will their remedies have a killing effect on their patients. We are as well assured as we can be that nine tenths of these deaths are unnecessary; and we would be quite willing, as we have before intimated, to risk our fame and our fortune, and to stake the existence of Hygeio-Therapy as a system of medical practice, on the result of our method of treating typhoid fever. The editor of the *Eclectic Medical Journal* (Philadelphia) for October says:

One of the most destructive diseases prevailing in our army, as well as among civilians, is typhoid fever, and what renders it so disastrous is that the treatment is so very bad. As yet, there is no settled nor definite treatment established by any class of physicians. The Allopathic physicians differ in their notions as to what should be the proper method pursued, or the proper remedies prescribed, as widely as do Homeopaths and Eclectics. So at this time there can scarcely be said to be any regular and well-established treatment for this disease.

While the physicians of all other schools disagree among themselves respecting the proper management of typhoid fever, and have "no well-established treatment," we can assure Professor Paine, and all others interested in the subject, that there is one school whose physicians all agree in this matter. Every Hygienic physician on the earth—and they can be numbered by as many hundreds as the Eclectics can be

by thousands—will treat typhoid fever on the same plan that every other Hygienic physician will. They all agree among themselves, while all of their opponents disagree among themselves. Is not this presumptive evidence that the Hygienic plan is the right one, and that all of the drug plans are wrong?

CHRONIC DYSENTERY.—This is one of the sequelæ which follows bad living and worse drugging, and which is very prevalent, we are informed, in the camps and hospitals in the vicinity of Washington. Nothing can be more liable to induce this condition of the bowels than the quinine and whisky rations which the soldiers are compelled, *nolens volens*, to swallow as preventives of disease, and the calomel, opium, and turpentine which are administered to cure disease. Chronic diarrhea induced in this way often continues for months in spite of all the drugs which the patient can take.

The *Eclectic Medical Journal* recommends a combination of drugs for the treatment of typhoid fever well calculated to lay the foundation for chronic diarrhea. They are barosmin, tincture of buchu, marsh-mallow, aconite, macrotin, belladonna, scrofularia, quinine, prussiate of iron, nitrate of silver, and hypophosphate of iron.

We have had many of these affections to treat, and have succeeded in promptly curing every case without a particle of drug medicine.

LINT IN SURGERY.—The medical profession is just beginning to find out—what has been known to many of the most distinguished medical men and surgeons for centuries—that the lint which so many of our women have been employed in scraping for our wounded soldiers is worse than useless.

The Medical Commission of Massachusetts testifies that other means are better in most surgical cases, and equally good in all, and that old linen and cotton compresses, wet or dry, and soft sponges, are preferable to lint. This is precisely the Hydropathic method of treating wounds.

The Providence Medical Association lately held a special meeting and, after discussing the subject of the uses of lint, “fully indorsed the very sensible views of their medical brethren in Boston,” and proposed as a cheap and convenient substitute the recently invented steam-rotted *flax cotton*. All that is required to promote

the healing of a wound is to keep the part clean and of a proper temperature; and for this purpose soft cloths are vastly preferable to lint, which, by its healing qualities, is often injurious.

QUININE AND WHISKY IN THE PENINSULA.—We clip the following from a late number of the *New York Medical Times*:

The sanitary history of the Peninsular campaign will prove, if ever impartially written, the most disgraceful in the annals of war. The army was composed of stalwart men, accustomed to physical endurance, and of an age best adapted to undergo successfully the ordinary privations of a military campaign. It was always within a few hours' sail of the great granaries of the North, and Government withheld nothing that its commander required, whether for comfort or even luxury. And yet that magnificently appointed army, in the short space of three months, lost one third of its effective strength by disease contracted by the most glaring neglect of sanitary measures. A correspondent of the *London Times* thus exposes our “military stupidity:”

“To watch this war is disgusting, both to an educated soldier and to an honest man, for nowhere is to be seen more military stupidity and more dishonesty than in this brave American army. You must not wonder if I get warm and bitter. The whole muddle does not affect me personally in the least, but I cannot help feeling as a soldier and a man. You have not seen the poor fellows in the hospitals or returning from the camps, to die at home of sickness which might have been prevented by a little care and a little more honesty. Some that I have seen are, without being ill, emaciated and weak from sheer want. They can not bear suitable food, from having lived for weeks on biscuits, bad coffee, and swamp water, and breathed the foul and poisonous air of swamp woods during their sleep. I am not very sentimental, and no Sybarite either; but my heart aches and tears fill my eyes on hearing the simple tales of those poor fellows, and looking into their emaciated faces.”

When medical men depend on drug-poisons to prevent or cure diseases, instead of attention to cleanliness and sanitary conditions, such results, and such only, are to be expected. And when we consider that sixteen thousand dollars a day was paid to supply the army of the Peninsula with a single drug—quinine—we need not wonder at the military nor the medical stupidity which destroyed so many of that magnificently appointed army.

A HYGIENIC HOSPITAL IN WASHINGTON.—There is some prospect that a hospital for the Hygienic treatment of the sick and wounded officers and soldiers of our armies will be opened in the city of Washington. Within a radius of ten miles from the capital there are thirty or forty thousand invalids, and the number is quite as likely to increase as to diminish during the winter. Some active friends of our system are now looking for a suitable building, and if one can be obtained on reasonable terms, the Hygienic Hospital will soon be in operation. We do not, of course, expect

that it will receive any patronage from Government, nor any favor from the Medical Bureau. But we are quite sure that there is intelligence enough among those who need its benefits, to sustain a large establishment of the kind. Should it go into operation, we shall have no fears of the result of its success in the treatment of medical or surgical cases, as compared with that in the hospitals under the auspices of the drug-doctors.

CONFLUENT SMALL-POX.

DR. TRALL: *Dear Sir*—I saw in your “Water-Cure for the Million,” a case of confluent small-pox, a little girl of Mr. Andrews, of 141 West Broadway, New York; you say that “she recovered without a mark or scar of any kind.” Will you please to let us know through your paper your method, particularly of treating small-pox, and how was it that she was not scarred.

My little boy, four years old, had the confluent small-pox this spring. He was taken sick the 7th of April. He did not know that he had been exposed to it. We thought he was getting scarlet fever. He had a very high fever and was delirious most of the time. We did not call a physician, for we do not believe in Allopathy, and there are no Hygiene M.D.'s near us.

We bathed and packed him the best we knew how, from what we had read on the subject. We kept cold cloths on his head, and his bowels open when necessary with tepid enemata. Still he was getting worse, and the fourth day he was so delirious we thought the disease was settling on the brain, so we concluded to call an Allopathic physician to give us his opinion about him. He immediately told us that he had confluent small-pox. My mother, my husband, and myself were left alone to take care of him, for no one would come near the house when the word went out that he had the small-pox. All the guide we had to treat the disease was your “Hydropathic Encyclopedia,” for we gave him no drugs. We watched him very anxiously; when the eleventh day came there was a great struggle in his little system, but he lived through the day; and we had some hopes of his recovery, although for several days it seemed very doubtful. The thirteenth day diarrhea set in; we kept cool cloths on his bowels, and used enemata of cold water.

I think he would soon die had this continued long. When the secondary fever came on we kept him wrapped in warm wet cloths until the fever abated. He did not take any nourishment but milk and water until after the seventeenth day, and did not sit up until about thirty days after he was taken sick. He is as well and strong as ever now, but his face and hands are very much scarred. I should be very glad to know how you prevented the little girl from being scarred. His father had it in the modified form. I treated him with water entirely—he was sick only four days.

Respectfully yours,

MILLENNIE D. ATHERTON.

LACKAWANNA, PA.

The treatment in the case alluded to consisted in keeping the temperature constantly very near the normal standard, by means of occasional packs, frequent ablutions, and an abundant supply of fresh air. Ventilation is of great importance. Some persons who use plenty of cold water, are very negligent in the matter of pure air, which is the most important of the two. The temperature of the water may be

tepid, cool, or cold, according to the degree of heat or fever.

SEA-SICKNESS.—R. M. Bache, in a letter recently read before the Connecticut Academy of Arts and Sciences, gave a new theory of the cause of sea-sickness. He attributes this annoying malady, not to motion, or the appearance of motion especially, but to *unaccustomed and irregular* motion, the extent and direction of which the mind is unable to calculate and anticipate. As soon as persons become accustomed to this life, and the mind does not act at variance with the motion of the body, this nausea ceases. He advises sea-sick persons, therefore, to keep as near a quiet horizontal position, so as not to be worried with the seeming motion of the horizon. Let the food be the same as is ordinarily used. There is no specific for sea-sickness except to become as quickly as possible habituated to the motions of the ship, and any tampering with the stomach in the way of unaccustomed articles of food or drink is only likely to aggravate the nausea. If, in addition to what has been recommended above, says Mr. Bache, the passenger will spread a mattress and put himself in a recumbent posture, all will then have been done that can be done to prevent, to cure, or to alleviate sea-sickness, until the education of the senses is completed.

The advice, "not to be worried," is good. But whether the food which is ordinarily used is the best or not, depends entirely on what constitutes the ordinary food. If it is gross, constipating, greasy, etc., it could be changed with great advantage. It should be plain, simple, and abstemious in quantity. Overloaded stomachs cause more sea-sickness than anything else.

PROF. LEE ON MINERAL WATERS.—Dr. C. A. Lee, of this city (who was advertised to preside over the Medical Sanitary Section of the International Temperance Convention, but who, for some reasons unknown to us, was not present, although in London at the time), is now traveling on the Continent, and communicating his observations to the *New York Medical Times*. As Dr. Lee has the reputation of being a "walking library," and is thoroughly posted in the literature of the popular medical system, his remarks are entitled to especial consideration. In the *Medical Times* for October 25th, is an article from his pen on the mineral springs of Vichy, in France, which are said to be more frequented by invalids than any others in Europe, as may be inferred from the fact that there are there seventy hotels and more than one hundred lodging-houses in the place, all of which are filled during the bathing season.

But of the empirical employment of these mineral waters, and the uncertainty of their effects, Dr. Lee remarks:

These waters are generally recommended by French physicians in gout and a variety of deranged states of the digestive organs, abdominal engorgements or obstructions, chronic enlargements of the liver and spleen, the sequelæ of in-

termittents and remittents, slow fevers from chronic affections of the mucous membrane, acidity of the stomach, calculus and other diseases of the urinary organs, uterine derangement, and in some cases of chronic rheumatism and cutaneous affections. But the proper application of these waters, I am satisfied, is a great science, and requires vast experience. Each spring is a study in itself. Each case is experimental. In a gentleman, for instance, in Paris, in whose case I was consulted, and who was troubled with pains in the lumbar region and irritation of the urinary organs, the least quantity of Vichy water increased the pain and irritation, and nothing was found to afford so much relief as flax-seed tea and slippery elm. I may refer to this subject again when I come to speak of the Carlsbad and other German mineral waters of the alkaline kind.

But I have not space to enter on this subject at length, which would require no small-sized volume to do it justice. It is a significant fact that those best acquainted by experience with the effects of the Vichy waters prescribe them in fewer cases, in smaller quantities, and with greater caution than any other practitioners. But is not this the case with all physicians, and in regard to all powerful remedies?

And does it all come to this, that no one can safely prescribe these health-restoring waters until he has had "vast experience" in their administration? And even then, we are told, his experience amounts to just nothing at all, for each new case is also "experimental!" It seems to us that these statements prove, not that the "proper application of these waters is a great science," but that their remedial employment is an extensive humbug.

The concluding paragraph is significant, and full of meaning for those who can appreciate the lesson it teaches. Dr. Lee assures us that those physicians who have seen the most of the effects of the waters of Vichy, prescribe the least of them, and that the same is true of all powerful medicines. We have full faith that the time is not far distant when the people generally will understand that this remark is true of all drug medicines, whether they are obtained from mineral waters or apothecary shops.

To Correspondents.

Answers in this department are given by DR. THALL.

AQUA FORTIS.—C. B., Minnesota. If aqua fortis has no action, how are we to explain its effect on iron or bone? Please answer in the *HYGIENIC TEACHER*.

How much longer will persons discuss this question of the *modus operandi* of medicines, without understanding what the question is? Who ever said or thought that aqua fortis has no action? And what has its "effect" on iron or bone to do with its "action" on the living system? Aqua fortis does act *chemically* on inorganic matter. But it does not act at all on living matter. Our question is, "Do medicines or remedial agents act on the living system?" not, Does dead matter act on dead matter? Is the decomposition which aqua fortis produces on iron or bone a medicinal effect or a remedial operation? If not, what has your question to do with the *modus operandi* of medicines? As is the case with nine tenths of those who meddle with this subject, you mistake *chemical change* for *vital action*.

SHAKING PALSY.—A. P. Selby, C. W., We doubt the curability of the case you describe; but if a trial is made at all, it should be at an establishment where every appliance of our system is at hand. "Movement-Cure" exercises would be worth trying. If the patient has never been addicted to dissipation in any manner to exhaust the nervous energies, the chances are the better.

PURULENT EXPECTORATION.—A. D., New Athens, N. Y. "Spitting of matter" is always a sign of ulceration, and unless it is the termination of a severe cold, or of inflammation of the lungs, indicates the second stage of consumption. A majority of cases which reach this stage will terminate fatally, let physicians or charlatans say what they will of their specifics and nostrums.

PLEURALGIA.—S. A. M., Utica, N. Y. Pain in the side, usually known as "stitch," or pleurodyne, is a rheumatic affection of the intercostal muscles. The pain is usually felt only on inspiration, and is always aggravated by inhaling a full breath. Fomentations, followed by the wet girdle where there is preternatural heat, are the appropriate local treatment.

CUTANEOUS ERUPTIONS.—M. O. R., Montpelier, Vt. The causes of eruptions of the skin are very numerous—gross food, foul blood, torpid liver, nervous exhaustion, etc. Avoid cosmetics and all repellent washes, and attend to the general health. The wet-sheet pack and a plain and abstemious diet are the essentials.

A WORD WITH OUR FELLOW-TRAVELERS.

THIS, dear reader, brings us to our journey's end. We started a year ago for a twelvemonth's trip, we have now arrived at the landing; we have given up our tickets, and must now step on shore—we must say "good-bye." Farewell, adieu! with what "heart-aches" these words are spoken! We pass on; we have taken the last sad look; shaken the friendly hand with a cordial grip, and turned to go. What grief comes from the thought that we may never meet again! So it is, dear reader, when we reach the end of a year, and of a volume; we feel sad at parting, and in writing again and again each familiar name, the thought that this may be the last forever, oppresses us. And yet, why should we regret? Should we not rather rejoice that we have enjoyed their company so long, and that they have been willing listeners to our teachings, that we may hope to have impressed them with useful thoughts; and, indeed, that the acquaintance so pleasantly begun may continue even through life? This we think the *right* view of the case, and contents us. There are other words which amply offset the "good-byes," and they are these—"I've come again," "How do you do?" "Glad to see you, hope you are well and happy," and so forth. These are the words of hope and cheer, which make our months turn up at the corners, awaken our affections, quicken the intellect, and make us wish well to all good souls.

We have met again; we continue our journey together; we occupy the same seat, the same room; carry the same mementoes, sing the same songs; each enriching the other's stock of knowledge by relating personal experiences and telling what we've seen, heard, and learned. How delightful! Ah, and so it shall be with our fellow-passengers on the voyage of life the next twelve months. Reader, give us your hand, we rejoice to welcome your familiar name, with as many of your friends and neighbors to our subscription-books as you may be pleased to send. We have room for all. And now, though we say "good-bye," let it be soon to meet again; with all the kindly greetings of the season—a HAPPY CHRISTMAS, and a HAPPY NEW YEAR!

Advertisements.

ADVERTISEMENTS intended for this JOURNAL, to secure insertion, should be sent to the Publishers on or before the 10th of the month previous to the one in which they are to appear. Announcements for the next number should be sent in at once.

TERMS.—Twenty-five cents a line each insertion.
No Advertisement inserted for less than One Dollar.

FALL AND WINTER TREATMENT

AT THE

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Invalids who are intending to visit a Water-Cure during the coming Fall and Winter for the recovery of their health, will find many advantages afforded them at this Institution not found elsewhere. While they are regaining their health under the best form of Hygienic Treatment, they can at the same time, if able, attend Dr. Trall's Lectures at the College, in which he will explain the Nature and Cause of Disease, the injurious action of Medicines, and the True Healing Art.

OUR LOCATION is pleasant, being but one door from St. John's Park, to which our patients have access at all times, and so near the River and Bay that we get the benefit of fresh air both from the Water and Land.

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This Institution is still the Headquarters of the true Hygienic Medical Treatment in this Country. Dr. R. T. Trall yet remains as chief Physician and adviser, and will be on hand during the coming Fall and Winter to examine and prescribe for patients as usual.

OUR BATH ARRANGEMENTS are amply provided with all the appliances for giving every variety of Bath usually found in Water-Cures, and in addition we have the Electro-Thermal, and Vapor Baths, which we find highly beneficial in many cases. OUR WATER IS PERFECTLY SOFT.

OUR MOVEMENT ROOM.—Many cases are cured in much less time with movements than they could be without. Reactions after Baths are more perfectly secured, the circulation is better equalized, congestion of internal organs relieved, and all the muscles, nerves, and tissues of the body are exercised and developed much more rapidly and effectually than they could be without them.

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LETTERS OF DR. JAMES C. JACKSON

TO THE READERS OF THE "HYGIENIC TEACHER."

No. 1.

FRIENDS—My professional duties for the last few months have been so arduous as to forbid my acting as a contributor to the columns of this JOURNAL. For the past ten years I have written for the *Water-Cure Journal* more extensively than any other person. With many of you I am personally acquainted. Others of you whom I do not know, know me by reputation. During the last twelve years I have been engaged as a Hygienic Practitioner, connected for eight years of the time in the management of an Institution called the Glen Haven Water-Cure. For the last four years I have been the Physician-in-Chief of Our Home on the Hillside, associated with other physicians with whom I am in sympathy and who are in sympathy with me.

Before I began my practice as a physician I became satisfied that the system of drug-medication is unscientific and destructive to life. As any other man would under such circumstances, I cast about to see what means and methods I could employ to demonstrate the truth of my convictions. Providence in his goodness opened for me a connection with a Health-Establishment, called a Water-Cure, and as a result of such connection, my own health, which had been broken down for many years—and to restore which by drug-medication the best physicians in the Union had entirely failed—was so much improved as to encourage me in the belief, that by patient continuance in well-doing I might in time entirely recover. From this point commenced my practice of treating the diseases of the human body after the method peculiar to myself.

Satisfied as I was, that physicians for the most part fore-swear Nature in the treatment of disease, and sought to cure the sick without reference to the laws of life and health, I determined to seek to cure my patients by means exactly converse to theirs. So I turned to Nature, and by study, as devout and as profound as I could give, I proceeded to examine the diseases which came under my observation in the light of the laws by which Health is maintained. In a little while I discovered that the Art-curative was nothing more nor less than a special application of the Art preservative; or, in other words, that the means which Nature herself suggests as appropriate to be used for the cure of the sick, are those and those only which had they been applied in a given case would have kept the person from becoming sick.

I immediately commenced to conform the Institution with which I was connected, in all its external and internal arrangements, to this view. I have steadily persisted in it up to this hour, and the happiest success has attended my efforts. My wife had the good sense earnestly to assist me; and early in our practice we were fortunate enough to adopt into our family and to associate with us Miss Harriet N. Austin, M.D., a lady just then commencing the practice of the Healing Art, and whose great abilities and genius have made her a name as wide and as revered as the Cause which she pleads is respected. The proportion which was cured to the whole number of persons placing themselves in our hands was quite cheering. Of course we had to contend with all the preconceived notions which ten or a dozen years since existed in the popular mind in respect to the true methods of recovery from disease; but our progress, though slow, was substantial; and in a few years our Institution at Glen Haven, as the back numbers of the *Water-Cure Journal* will show, became renowned, and our house was full summer and winter.

A large practice necessarily gives wide opportunities for observation and experiment. These were ours. As years glided by, we made new discoveries in the applying of Hygienic means for the treatment of disease, and ultimately, owing to external circumstances which we could not control, came to the conclusion that it was best for us to leave our then present location and find us a new home where better opportunities would be sure to present themselves for the application of our ideas. At this time Dr. Hurd became connected with us. He came to our Institution to be treated as an invalid. We were successful in restoring him to health, and under propositions of our own he consented to associate himself with us, and we went out to look up a place. After long and weary search we gave the preference to our present location. Here we found in much larger combination than up to that time we had had or than we had been able to find in any other locality, those Hygienic instrumentalities on which we so much depend for the recovery of the sick. A very fine climate; the purest air; water as soft as dew; abundance of sunshine; beautiful scenery; an intelligent community and opportunities for just such seclusion as we ourselves feel desirable for the sick are now ours. So then we sat us down on this beautiful hillside, a half mile out of the village of Dansville, Livingston Co., N. Y., four years ago, and opened our Health Institution, christening it "OUR HOME ON THE HILLSIDE." From that period to this time, I unhesitatingly say that those of us engaged here have conducted a Health Institution in many essential respects unlike any other on earth. Neither in Europe nor in America can such another be found.

I do not mean, in this statement, to run comparisons between "Our Home on the Hillside" and any other Health Institution. I only mean to claim for it whatever merit or demerit may fairly attach to it by contrast. Other Institutions have sprung up to meet the popular want, which to my own certain knowledge are deserving of, and secur-

ing to themselves, great credit. I have not the slightest desire to diminish their usefulness; on the other hand, I rejoice in the evidence of their success which their patronage presents. I should not be doing justice, however, to "Our Home," if for a moment I allowed the impression to be entertained that, in the main, other Health Institutions and it are alike. "Our Home" is founded upon a plan and conducted after a manner so different from any other in the world, as to stamp it with characteristics peculiarly its own.

For these, I claim for myself and my associates the quality of originality. Without reference to the Public taste or to the amount of patronage we might secure, we have sought to elucidate and make practical, methods of treatment that are in harmony with and derive their significance from conformity to the laws of life and health. I know that in days gone by, for contravening public opinion in respect to what it is proper and right for sick persons to do, we suffered. Many persons in those days refused to come to us because they thought we were fanatical, visionary, impulsive, foolish; but not a single thing did we ever adopt as a cardinal rule until we had proved it by the largest and broadest applications, and not a thing have we ever had to give up. We have gone on from strength to strength. In thus being faithful to truth we have been enabled to make great discoveries in respect to the true method of treating the abnormal conditions of the human body, and now not one of us has the least hesitancy in saying that we feel perfectly sure that we can cure cases of disease which three years ago we should have pronounced incurable.

The chiefest of our discoveries, and one upon which we rely most, is that of THE USE OF HYGIENIC AGENCIES IN LARGE COMBINATION. As for instance, a person has Consumption. We do not attempt to restore such person by the use of bathing mainly, nor chiefly by the use of air, nor by dietetics, nor by exercise, nor by one, two, or three hygienic instrumentalities; but our plan is to take such patient and place him where natural and healthful means shall be brought to bear upon him in such comprehensive arrangement as to amount to the force and authority of an active law. Under such circumstances, if the Organism can react against the abnormal condition of the lungs, the person must recover.

Our practice has run largely into those diseases which are most prevalent, such as debility of the nervous system involving congestions of brain, catarrhal diseases, throat diseases, lung diseases; diseases of the stomach; ailments of the bowels; diseases of the sexual organs, and of the skin. We have also had all the minor forms of disease to treat, and we have found that wherever the ailment be one of long standing, or nearly acute, the application of hygienic agencies, under our methods, is sure to work out the desired result.

For the larger share of the time that we have been at Dansville, our house has been full. Our patients come to us from the farthest portions of the Republic, from all parts of the British Provinces in North America, and from the West Indies. They are men, and women, and children, of various ages, with different habits and constitutional predispositions and ailments, and have been sick respectively from one year to twenty years, yet under our treatment ninety-five in each hundred of them get well, though we have never given one of them a particle of medicine.

At or about the time we came to Dansville, such was the notoriety our success had given to us, that we found it necessary to use a more efficient medium of communicating with the Public than that of simple private correspondence. We therefore started a little paper called the "Letter Box." Its circulation increased so rapidly that we changed its title to that of "THE LAWS OF LIFE," and in so doing changed our main purpose of its issue. Seeing that we were in possession of great truths which the people ought to know, and which if they did know would prove of the most essential service to them, we concluded that it was our duty to have a medium for the transmission of our ideas. This the LAWS OF LIFE gave us. At its commencement Miss Austin was made its Editor. Her great abilities as a Physician, and the very happy faculty she has of putting her experimental knowledge into such form as to make the people readily comprehend and appropriate it, secured the united voice of those interested in the publication of the paper in placing her in the editorial chair. Under her administration the paper has grown to a large circulation. I have written for it as opportunity presented, but the main and responsible position in its management has been occupied by her, and whatever of credit is to be awarded to anybody for the great success of the Journal is to be given to her. I think I do not exaggerate when I say that extensive editorial connection during my life with various papers has never led me to a knowledge of the judgment passed upon any of them by their patrons, where so uniform and nearly universal satisfaction was manifested as in the case of the "Laws of Life" by its readers.

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Index to Volume 33, for 1862.

| | Page | | Page | | Page | | Page |
|--|----------------------|---|-------------------------|--|--------------------------|--|--------------------------|
| A New Year and a New Volume | 1 | Dr. Trall's Popular Lectures | 63 | Mail Time | 8 | Regular Practice vs. Quackery | 82 |
| A Word to Mothers | 3 | Drugs and Dysentery | 75 | Marvels of Seed | 17 | Russian Vapor Bath | 111 |
| An Iron Crown | 11 | Dyspepsia | 75 | Miscellany | 13, 42, 62, 84, 112, 133 | Scenes in Railroad Cars | 2 |
| An Absurd Absurdity | 12 | Death of Willie Lincoln | 81 | Medical Education of Woman | 72 | Stimulation and Nutrition | 4 |
| Agricultural | 17, 89 | Dead Letters | 104 | Movement-Cure | 77 | Skating as an Amusement | 15 |
| After the Storm | 18 | Digestion and Fermentation | 181 | Measles, Cool Air in | 82 | Scissorings | 17, 90 |
| Advertisements | 19, 43, 67, 92, 115 | Educate the People | 72 | Madison Water-Cure | 83 | Special Notices | 19, 43, 67, 91, 115, 139 |
| Auld Lang Syne | 42 | Elastic Steel Pen | 107 | Movement-Cure, Its Object | 101 | Stray Thoughts | 28 |
| Argument for Salt | 58 | Experience of Water-Cure | 110 | Mudopathy | 105 | Synopsis of the Seasons | 63 |
| American Silk Culture | 66 | Extra Premiums | 128 | Mrs. Yorke in the Field | 106 | Step-Children of Science | 87 |
| Anatomical Facts | 91 | End of Another Volume | 132 | Mutiny in the Army | 136 | Smoker's Cancer | 110 |
| American None-Such Washing Machine | 120 | Evil Speaking | 133 | Notes and Queries | 8, 24, 56, 80, 104, 128 | Sick Headache | 121 |
| A Horse getting himself Snood | 134 | Fullerum et Booberum | 10 | New York Dietetic Reform Association, Proceedings of | 13 | Salt and its Offices | 121 |
| Best Doctors for Domestic Animals | 18 | Five Points House of Industry | 24 | National Hygienic Association | 81 | Sick and Wounded Soldiers | 123 |
| Bruising Oats | 90 | Flowers | 42 | National Health Convention | 129 | Scarlet Fever | 131 |
| Blue Laws | 96 | Felton, President, on Brain Labor | 83 | Ovariectomy | 53 | Star-Spangled Banner, Signification of | 139 |
| Consumption in New England | 4 | Flowers Cultivated in Houses | 88 | Our Graduates | 58 | To Friends and Co-Workers | 8, 82 |
| Correspondents, Answers to | 35, 59, 83, 107, 132 | Good Cooking and Piety | 43 | Opium Eating | 58 | Topics of the Month, by Dr. Trall | 9 |
| Causes and Treatment of Paralysis | 27 | Government R. R. Transportation | 91 | "Old Bourbon" | 107 | To Correspondents | 12, 35, 59, 83, 107, 132 |
| Constipation and Apothecary Stuff | 33 | Hospital vs. Home Practice | 12 | Publishers' Column | 8, 32, 56, 80, 104, 123 | Taxation | 85 |
| Christmas at 15 Lighthouse Street | 86 | Hygienic Medication, Principles of, 1, 2, 125 | 125 | Purid Sore Throat | 84 | Turkish Bath | 38, 62, 84, 112, 133 |
| Croup, Symptoms, Treatment, and Prevention | 38 | Hints Toward Physical Perfection | 72, 103 | Phonography, Let Children Learn it | 48 | The Snow | 43 |
| Cotton in Illinois | 48 | Hoz's Lard | 101 | Physical Culture | 78, 120 | Trall's Popular Lectures | 61 |
| Charcoal for Burns | 58 | Health Associations | 105 | Political Power of Allopathy | 81 | The New Name | 83 |
| Cosmetics | 64 | Hydrophobia | 106 | Prince Albert and Typhus or Typhoid Fever | 81 | Tools Great Men Work with | 91 |
| Curiosities of Sleep | 79 | Hydro-Therapeutic College | 109 | Paris Hospitals | 82 | Tobacco, Excuses for Using | 110 |
| Cross Babies | 88 | How Chronic Diseases are Produced | 126 | Pro Patria | 82 | Tobacco Raising | 130 |
| Chestfield Tactics | 96 | How to Get Up a Club | 123 | Presents from Japan | 88 | Useful Hints | 3 |
| Condiments for Cattle | 106 | How is it Done? | 136 | Postponed Again | 107 | Visit to Washington, by Dr. Trall | 49 |
| Contraria Contrariis Curantur | 107 | Improved Sitz-Bath | 35 | Physicians and Quacks | 113, 134 | Voice from Secusia | 53 |
| Cancer | 110 | Items from Illinois | 61, 99 | Praying Cure | 127 | Voice from the Skating-Pond | 56 |
| Childless | 112 | Intemperance and Insanity | 133 | Principles of Hygienic Medication | 127 | Word to Mothers | 3 |
| Condiments for Domestic Animals | 129 | Interesting Announcement | 139 | Premiums, Extra | 123 | Warm Bathing | 7, 29 |
| Common Sense | 133 | John O'Grat | 120 | Pure and Wholesome Bread | 130 | Wrong Impressions of Water-Cure | 99, 100 |
| Diphtheria | 9, 14, 57, 129 | Literary Notices | 8, 32, 56, 80, 104, 123 | Popular Lectures | 131 | Water-Cure in High Places | 16 |
| Dietetic Reform Association | 12, 41, 60, 103 | Luke Bradley, by Dr. Jackson | 30 | Qualifications of a Nurse | 136 | Way to Live | 24 |
| Dollars and Cents | 83 | Lectures on the Holy Land | 85 | Rambling Reminiscences, by Dr. Trall | 4 | Water-Cure | 24 |
| Diphtheria Statistics | 35 | Lectures from Dr. Smith | 79 | 25, 49, 73, 97, 124 | | Window Gardening | 83 |
| Dress Reform | 51, 59 | Lectures in Canada | 83 | 51, 76, 101, 122 | | Which is the Best? | 96 |
| Death of Ex-Gov. Pennington | 59 | Medicine, Giving but Little | 5 | Railroad Musings | 51, 76, 101, 122 | What is to be Done? | 111 |
| | | Medical Practice, Change in | 5 | Reporting Cases | 61 | Yankee Inquisitiveness | 96 |
| | | Mrs. Goodell's Children | 7, 29 | Reports of Cases | 75, 103 | | |

Index to Volume 34, for 1862.

| | | | | | | | |
|--|--------------------------|--|-----------------|--|-------------------------|--|-------------------------|
| Army, Typhoid Fever in | 9 | Croup, Sanitary Education for | 107 | Home Education, Rules for | 56 | Requiem of Heroes | 12 |
| Another New Disease | 10 | Causes of Disease | 108 | Hydro-Therapeutic College | 59, 107 | Round Hill Water-Cure | 24 |
| Apples, Culture and Propagation of | 16 | Course of Studies for Both Sexes | 112 | Home for Inebriates, Cleveland, O. | 80 | Report of Cases | 28, 62 |
| Advertisements | 20, 45, 63, 92, 116, 133 | Census, The Lute | 112 | Health of Soldiers | 88 | Remittent Fever | 62 |
| Admission, An Important | 30 | Dress Question | 1 | Health Association in Utica | 88 | Reading for Amusement | 67 |
| Army, Diet in the | 42 | Doctors, How to Make them Honest | 11 | Health | 88 | Repatriees | 72 |
| A Chapter for the Men | 43 | Demonstration on the Dogs | 11 | Hints on Washing the Hands | 88 | Ripe Fruit | 81 |
| Army, Drugs and Dysentery in | 43 | Diet in the Army | 42 | Household Hints | 90 | Reflections | 111 |
| Army Dietetics | 59 | Drugs and Dysentery in the Army | 48 | How to Break a Bad Habit | 92 | Rather Equivocal | 114 |
| Army, Drug Medication in | 61 | Drugging Children | 53 | Influence of Malaria | 10 | Summer Complaint | 4 |
| A Sunny Heart | 67 | Drug Medication in the Army | 61 | Items from Illinois | 36, 63, 77 | Swill Milk | 10 |
| Anecdotes of Physicians | 72 | Drug Treatment in Dysentery | 75 | Improvement in Constructing Lamps | 48 | Special Notices | 19, 44, 63, 92, 115 |
| Animals as Food | 73 | Dysentery, and Methods of Treating it | 75 | Indian Names | 90 | Small Pox | 29 |
| Art of Laughing | 89 | Drinking | 81 | J. Herson Davis, Lines to | 37 | Summer Complaints | 33 |
| A Dosing and Drugging Family | 86 | Dangerously Bright | 91 | Kindness, Power of | 63 | Sanatoriums for the Soldiers | 33 |
| Ancient Doctors | 89 | Distinguished Dead | 105 | Life at a City Water-Cure | 8 | Selfishness and Sugar | 42 |
| A Clincher | 89 | Death of Dr. Wakely | 106 | Letters from the People | 8, 79 | Scissorings | 63, 91, 115 |
| Appeal to the Women of America | 90 | Don't Eat Too Much | 112 | Literary Notices | 8, 32, 104 | Stimulants not Food | 73 |
| Amherst College, Physical Training at | 91 | Donna G's her Drink, my Laddie | 126 | Lectures in Baltimore | 10 | Saving Expense | 80 |
| An Opinion | 101 | Education Complete | 13 | Law and Physic | 12 | Stopped Worrying and Begun to Laugh | 85 |
| Alcoholic Medication | 105 | Experience with Small Pox | 29 | List of very Old Persons | 41 | Stuttering Judge | 88 |
| Addresses at World's Temperance Convention | 107 | Experience in Water-Cure | 110 | Liquor in our Armies | 60 | Sulking | 89 |
| Ambergis | 110 | Eau-de-Cologne | 111 | Laws of Nature, Violation of | 61 | Soap and Water, Relation between | 91 |
| Agricultural | 114 | Exaggerations, How Happen | 111 | Lend your TEACHER | 80 | Salt for Ague and Fever | 106 |
| Apple-Sauce for the Army | 127 | England, Our Books and Journals in | 112 | Letter from Home | 100 | Sanitary Education for Camp | 107 |
| A Word with our Fellow-Travelers | 132 | Fever, Scarlet | 13, 106 | Miscellaneous | 18, 37, 63, 84, 103 | Sexes, Studies for Both | 112 |
| Budding Apple-Trees | 136 | Fort and Fortress, Difference | 24 | Melanosis | 30 | Swallowed the Dose and Died | 112 |
| Baby Show | 24 | Fungus Hematodes | 30 | Movement-Cure | 36 | Scarlatina | 126 |
| Bath, Turkish | 24 | Fomentations | 43 | Men, Chapter for the | 43 | Signs of Character, and how to Read them | 127 |
| Business Notices | 56, 80, 104 | First-rate Notice | 58 | Medical Juggernauts | 82 | Topics of the Month | 9, 33, 57, 81, 105, 129 |
| Babies, Good Humored | 67 | Fatal Experiment | 83 | Muscle Healthful | 91 | Typhoid Fever in the Army | 9 |
| Be Gentlemen at Home | 67 | Female Boxers | 110 | Maizena | 104 | Typhoid at Fortress Monroe | 16 |
| Baltimore Health Association | 87 | Farm Products, Weights and Measures of | 113 | Mastication | 109 | Transplanting | 10 |
| Boa Constrictor, Description of | 109 | Great Country and Great Doses | 9 | Musk | 110 | Trip to Canada | 35 |
| Balsam of Mecca | 110 | Gills, Health of | 14, 39, 63 | Marriage, Views Respecting | 111 | The Noblest Ambition | 40 |
| Cholera Infantum | 4 | Grafting | 13 | Nebraska as a Farming Country | 84 | Typhus and Typhoid | 55 |
| Caruncles and Pleuro-Pneumonia | 10 | Give and Receive | 19 | New Religious Movement | 86 | The Number Holds Good | 67 |
| Correspondents, Answers to | 35, 60, 107, 132 | Good Taste | 44 | Our New Name | 9 | Tricks of the Wine Trade | 72 |
| Consumption, Inhalation and | 27 | Gout and Rheumatism | 53, 78 | Orchard, The | 17 | Twenty-five Cents | 80 |
| Country Water-Cure | 85 | Green Corn and Cucumbers | 59 | Our Beautiful Land | 84 | Tempest among the Ladies | 85 |
| Children, Scrofula in | 52 | Good-Humored Babies | 67 | Otto of Roses | 111 | The Three Voices | 96 |
| Children, Drugging them | 53 | Greek Perfumes | 110 | Our Politics | 127 | The Old Year | 121 |
| Coerciveness at Meals | 56 | Grapes | 114 | Publishers' Column | 8, 32, 56, 80, 104, 123 | Ungrateful Children | 44 |
| C-ilege, Hygieno-Therapeutic | 49 | Home Practice of the Water-Cure | 2 | Punishment | 81 | Vapor Bath | 74 |
| Cucumbers | 59 | Hygienic Surgery | 9 | Prejudice or Dishonesty | 84 | Vegetables and Fruits | 78 |
| Chronic Rheumatism | 62 | Hygienic Hospital | 9 | Parsee, Jew, and Christian | 42 | Visiting the Sick | 99 |
| Can a Law of Nature be Violated? | 64 | Hydrophobia in Surgical Cases | 12 | Pneumonia | 57 | Vegetable Perfumes | 111 |
| Conjugal Affection | 75 | Health Conventions | 19 | Posing on Soldiers | 77 | What is Preaching? | 5 |
| Country Practice of Water-Cure | 75 | Hydrophobia, Way-Marks of | 31, 62, 76, 125 | Postage on Journals | 107 | War | 57 |
| Children, Mortality Among | 88 | Hygienic Physicians | 32, 114 | Put your Shoulder to the Wheel | 108 | Water-Cure in the West | 74 |
| Costume | 99 | Hard Water and Intermittent Fever | 35 | Putrifies and Perfumery | 110 | Whisky and Drugs in the Army | 76 |
| Cosmetics and Washes | 96 | How to Write for a Newspaper | 48 | Questions and Answers | 66 | What is Said of Us | 80, 104 |
| Curative Agencies | 102 | Human Food | 51, 73, 100 | Railroad Musings | 6 | Wearing Out and Rusting Out | 89 |
| Cure for Stammering | 108 | | | Rambling Reminiscences, by Dr. Trall | 11 | Woman and the Medical Profession | 108, 106 |

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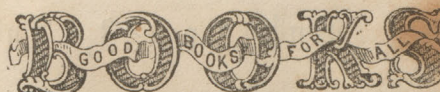
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